

IT IS WHAT IT IS  
The Singular Theory of Everything  
(excerpts)

David Hall

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## PREFACE

The initial aim in writing this book, was to write something more immersive than I had done before, allowing the information to be absorbed more deeply in the mind of the reader. That meant it was going to be a bigger book, a longer read. What it has developed into is something like a *Human's Guide to the Universe and You*. There is essential information here for all humanity. It is hoped that those who read it will gain an understanding of reality, the laws of the universe, the human experience, and the nature of our infinite being.

The core truth here, which I somewhat tongue-in-cheekily call *The Singular Theory of Everything*, is that there is only an infinite oneness. The world appears to be made of many separate things, but if we look at it more closely we find that there is no true divide and there are no true limits to anything in the universe, or in fact the universe itself. There is only One, which has no beginning or end. It is the Infinite One.

This core truth is nothing new. It is the essence of the teaching of Nonduality or Advaita that has been known by humanity for thousands of years. In this book we will explore and understand the dualistic appearance of the world, which I like to call The World of Opposites. Understanding the apparent duality or multiplicity of the world, is like a stepping stone to the higher knowing of Oneness.

From the initial recognition that separation is only illusory in the world, we can begin to understand the Singularity. We will look at the nature of reality, the universe and you, considering the appearance of the world, of space and time, spirit and matter, and look deeper into the human experience. We will explore the formation of worlds and the evolution of forms. We will consider patterns in the world that point to a greater understanding, and elaborate on the nature of being, infinity, the mind, the ego, beliefs and acceptance. It's hoped this book will be a pouring out of knowledge for you. Let it sink in and open the mind to the truth of infinite oneness. It is both a book about the universe and reality, and a self help guide to the human life.

It will be noticed that initial capitals are used for some words, such as with Awareness, Consciousness, the Infinite One, or What Is. The aim here is to emphasise that this is something beyond the mere word or concept. For example, we can consider consciousness as the human awareness of the world, but Consciousness capitalised is used to refer to that which is beyond the world and truly beyond conceptualisation. Equally Harmony capitalised relates to the perfect unexpressed harmony beyond any appearance of harmony. Other terms are capitalised as names for processes, models or theories, such as The World of Opposites, or The Continuum of Acceptance.

Ideally the chapters in the book should be read through in order, pausing from time to time to contemplate or allow it to sink in. Once the book is read then it can be useful to dip into different chapters or sections of the book. As with my previous books, the sections and topics are written at different times in small chunks and later grouped with similar topics and polished off. So they can stand alone to some extent, but it's important for the reader to firstly gain a good understanding of Nonduality, which is the Singular Theory, and also the appearance of the World of Opposites. The whole of the book is dependent on understanding the basics of this, which lead us to comprehend more fully how this applies to our human lives and the world. You will find that some topics overlap. But they all make up the whole picture of *It Is What It Is*.

# 1 THE SINGULAR THEORY OF EVERYTHING

## **Begin the Beguine**

This book will explore how the understanding of Nonduality explains the appearance of everything, the universe and you. I call it *The Singular Theory of Everything*. In this first chapter we'll consider the core of this understanding.

So let's get straight to the point. The Singular Theory of Everything could be summarised as this: Reality is a Singularity; the universe appears as a World of Opposites in separation.

Reality is an Infinite Singularity that appears to have split into opposite energies, positive and negative, that interacted and multiplied exponentially, forming a universe based on vibrating energies and the interaction of opposites.

The Singularity formed a World of Many. The Infinite One formed its opposite, an apparently limited many.

Or so it appears. In reality separation is impossible. The Infinite Singularity cannot be split. It's infinite. Throughout space and time as we know it, the Singularity remains unchanged. It is what it is.

However, the world can be understood as a reflection of the Infinite Singularity: an appearance of separation and a World of Opposites. The opposites of the unchanging Singularity give rise to the appearance of distance that we call space, and the appearance of change that we call time.

Furthermore, this Infinite Singularity is not lifeless. It is Life itself. It is the Consciousness within which the world appears, and which experiences the world through localised perspectives of conscious beings within the world.

From the perspective of conscious beings it seems that this Infinite Consciousness is within. From the perspective of Consciousness there is neither inside nor outside. There is only the Infinite One.

## **Recognising Infinity**

Infinity is here wherever you look. Hold your hand in front of you. The eyes just see what is. But the mind labels it as a hand and sees the fingers and a thumb. But the hand, the fingers, the thumb, they are not separate. The mind separates them out with labels, and the labels are not clearly defined. We cannot define an exact point where the fingers end, or where the hand ends and the arm begins. The arm, in turn, is considered to be attached to the body, but it's not really an exactly defined section of the body.

Let's consider the body and where it begins and ends in time. We can choose an arbitrary point in the body's development when we can say the body began, such as when the egg is fertilised or some other point soon after. But this is the mind trying to impose finite limits on the infinite. Truly, the body does not begin or end. The body is a flowing organism not separate from the planet and not separate from the universe. Not only does its beginning fade in the distance of time, but its form is always changing and interacting with its environment, and its apparent end fades into the whole. Although the body can maybe

jump up and down and seem to be separate from the world, it is not. It can never be separate from the world. It only appears to be separate, and its limits in space and time cannot be accurately defined.

The formation of plants and animals on the planet demonstrate infinity. Trees grow from seeds that have grown from trees that have grown from seeds, and so on. It is the same in the animal kingdom. We know that there is no clear beginning or end to this, and it has given rise to the conundrum: *which came first, the chicken or the egg?* What appears as finite rises out of infinity and returns to infinity, whilst remaining ever in infinity.

How far is the furthest we can see? How small is the smallest we can see? Technology allows us to see further and further into space, and deeper and deeper into microscopic realms. Where will it end? It begins and ends in infinity.

We may think that the universe was created from a Big Bang, where time and space began and a multiplicity appeared explosively from a singularity. The question arises: what was before the Big Bang? There was no time before, because the Singularity is timeless. Equally there was no space before, as the Singularity is infinitely the same, without limits or differences to define distance.

Do we think that infinity created the finite world then disappeared? No, infinity gave the appearance of a finite world but it can never truly be finite. Infinity can only create an appearance of separation, of beginnings and ends.

It is strange to consider how infinity is overlooked, but it is overlooked simply because it is always here.

## Reality

Reality is a perfectly simple Infinite Singularity. It has no duality, no separate parts, no beginnings or ends. From the human perspective it can be considered as Everything and Nothing. Well, really words and concepts can't accurately describe it, but this is a book about it, so words will have to do. From the human perspective the Singularity is alive. It is pure Life itself. It has no time or space. It is purely Here and Now. If you've never considered this before, bear with it, as really it is the key to understanding the universe and your place in it.

The world that we perceive, know and experience as humans appears as a split in the Singularity. It's as if the Singularity separated into opposites across the span of space and time – appearing as what is and what is not. From a neutral Singularity, appeared the birth of opposites that we can consider as positive and negative energy. These opposites interacted and multiplied exponentially, forming the elements as we understand them, the stars and the planets, and the evolution of what we call life. The universe has spread out like the branches of a tree from the splitting seed of the Singularity.

This is an overview, of course, but it's a rough conceptualisation of the formation of the world and the expansion of time and space. I call it 'The World of Opposites' or the World of Motion, because prior to the appearance of this world, there was only the perfect stillness of the Singularity. 'Prior to' isn't strictly true, as time is only an appearance within the infinite timelessness of the Singularity.

You will notice that the word 'appearance' is used when referring to the world. That's because the world needs to be understood as just that. There is only an appearance of separation. The Singularity does not really split into opposites. The opposites that we can understand in the world are not really separate. It's more like there is a stretching of opposites, forming a spectrum or continuum between them. And the stars, planets, plants, and animals we see are all a flowing of life as vibrating energy. The molecules of the universe flow continuously from one form to the next.

The universe gives an appearance of being finite, but its true nature is infinite. As humans we see a world that appears finite. We see the stars, planets, plants, and animals as distinct entities. But this is an illusion of sorts. Ultimately it is the Infinite Singularity playing at being finite. The Infinite One has formed a World of Many within itself.

## 2 INFINITY AND THE ILLUSION OF SEPARATION

### **The Illusion of Separation**

If you read nothing else in this book, read this. The rest of the book is consequential to this one principal: the sense of separateness that is perceived in the world is not true. There are no perfect definitions of things that can accurately separate them from others.

Even if you don't believe it, don't ignore it. It's the basis of Nonduality, which has long been part of human history. Don't ignore it if you want to understand the world and your place in it. See if it's true or not. See if definitions of things truly can stand alone separate from others.

### **The Appearance of Separation**

Fundamental to this book is recognising that separation is only an appearance. It's generally accepted in our human view of the world that there are many separate things. We have names for different animals, different flowers and trees, different subtypes of animals, different countries, different cities, different cultures, different ethnic origins, different colours, and so on. These names, labels and concepts that we use are based on the human experience of the world. They do not truly define and they are not permanent.

This separation anomaly is fascinating. The world seems to present itself as full of separate things, but ultimately it is only one thing, giving the appearance of being many. And of course, the animate 'things' seem to have an individual life of their own. Although we can understand that the many humans that are active in the world are really part of this Infinite One, it's clear that they act relatively independently. It's not normal for the thoughts of one to be known by another, so there appears to be some kind of separation of thoughts. This is very impressive: the Infinite One that is the world, appears to not be limited by infinity, and it appears to be able to be a multiplicity of separately defined beings. You've got to admit, that seems pretty miraculous.

Well, it is and it isn't. Because, you see, it's not really possible for the Infinite One to become many. It's always infinite. It's just an appearance of many, an appearance of definition and separation. Space and time appear to separate the universe, but has anyone ever experienced them as anywhere other than Here and Now. By that, I mean that whenever you experience a place it is where you are, and whenever you experience a moment of time you experience it now, at the present moment.

In a sense, space and time are right here and now. The appearance of separation and movement happens in this timeless, spaceless place that is here now. A bit like when you watch a movie at the cinema: you watch the screen that doesn't move or change, but upon it a magical world can appear, wars can be fought, friendships made, mountains climbed, buildings burnt, oceans crossed. But the screen remains unchanged throughout the movie. The screen is like the heart of your being that experiences space and time within its infinite timelessness.

### **Understanding Infinity**

In this book there are many names for That Which Is. None of the names are wholly accurate. It's a

Singularity beyond the sense of any plurality, where there is truly neither many nor one. The term 'singularity' relies on a sense of what 'one' is. But the reality is that there are no numbers.

This Infinite Singularity is infinite beyond the sense of what finite is. Finite limited objects do not really exist. They only appear to have limits. Reality has no limits. There is only infinity. Yet the meaning of infinity as we know it is dependent on a sense of limits, which itself is untrue.

It's difficult for the mind to comprehend this, as the mind prefers finite terms. It is similar to when we think of the location of the Infinite One. It doesn't exist in time and space. It is here and now. Time and space appear within it. Here isn't really anywhere.

So the Infinite Singularity is Here beyond space, Now beyond time, One without other, and Limitless without reference to limits. It is what it is.

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## 3 THE WORLD OF OPPOSITES

### **Understanding Opposites**

The world we humans live in appears as a World of Opposites. It's easy to see opposites in the world. The world functions by way of opposites. Everything has an opposite: good and bad, hot and cold, high and low, mountains and valleys, hard and soft, day and night, happiness and sadness, strength and weakness, and so on. There is even mirror imaging of opposites in animal and human forms. We have a left side that has a reflective opposite appearance of our right side, and there are the opposites of male and female forms of each animal species. Recognising this is key to gaining an inner understanding of the universe as a whole.

The opposites, of course, are linked together. Human and animal forms seek to unite male and female of the same species, to procreate. In our breathing, we breathe in and breathe out, repeatedly, flowing from one to the other to the other. Ocean waves have highs and lows. Tides flow in and flow out. Water evaporates upwards and falls downwards as rain. This is a pendulum swing motion between opposites, where there is a circular pattern of rising, falling, rising, falling. This happens throughout the world. The World of Opposites is flowing. I also call it the World of Motion, because everything moves and changes. Even where there appears to be stillness, there is always motion and change. It's just that some move slowly, some move quickly.

### **You Can't Have One without the Other**

Opposites can appear to be linked but separated from each other. So a mountain and a valley are part of the same earth formation, one rising high, the other sinking low. It's similar to a ripple on a pond. There is a peak and a trough, and it appears that you can't have one without the other. Both the water and the land can have this wave formation. The soft water can be more flowing and can move quickly, whilst the hard land flows much more slowly.

Depending on the location, areas usually have warm seasons and colder seasons, dry seasons and wet seasons. There is a fluctuation or flowing between opposites.

In human and animal forms, the male and female are needed together to produce the next generation. Both opposites are needed to create one. This pattern perpetuates throughout the universe, where forces have equal but opposite qualities. The simple reason for this is that the universe remains a complete system.

Opposites appear as if there is a separation or stretching of the Singularity. But the Singularity remains intact. Although a gain and loss can be experienced from different perspectives, there is always a complete whole. There is never truly a separation of opposites or a division of the Singularity. The Singularity remains timelessly complete.

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## 4 THE INFINITE ONE

### **Who, What, Where, When, Why and How**

Who is this Infinite Singularity? By nature there is not really a who. There is not a person. What we know as people, personalities, or created beings, is not what the Infinite One is. There is no 'who' when there is only what is.

What is this 'what is'? We can't really say what it is because any words, descriptions, or concepts we use are all relative. It would be like trying to explain silence by whispering. It wouldn't quite be right. There are a lot of words used in this book to point the reader to what is, but ultimately what is is beyond words and descriptions.

Where is this Infinite One? Nobody can say here it is or there it is. To say the Infinite One is in a particular place would imply that it is not somewhere else. Even saying it is everywhere isn't strictly accurate. It is beyond the concept of space and distance. It is right here. The appearance of space and distance happen within it.

When did the Infinite One arise? The Infinite One has no beginning or end in time or space. It is before the appearance of time and space. It is beyond time, being unchanging and formless. The appearance of time happens within the Infinite One.

Why does the Infinite One exist? It is the nature of What Is to be what it is. There is no need for the question of why it is. It is like asking why infinity is unending. It is what it is.

How did the Infinite One come to be? The Infinite One is not created. It is the core, unperceivable nature of existence. It is the nature of life. It is life. It is the formless one within which forms appear. It is the original timeless, unchanging, infinite being.

### **Outside of This, Inside of That**

Outside and inside only appear to be real. As mentioned already, separation isn't true, so there is no real outside of this or inside of that. There are no this and that separate things. There is a seeming contradiction when I say that true stillness, the Singularity, is at the heart of all, or if one is advised to look within to find one's true nature. What's happening here is that we are trying to describe something that is beyond description, and we are using finite concepts to describe the infinite. The words we use can never truly be what we are trying to describe, so they fail.

Elsewhere in this book, I use the wheel as a symbol expressing the multiplicity and singularity in one. The spokes go out from the centre and appear more separate from each other as they go further and further from the centre. The centre of stillness, the hub of the wheel, is like the Oneness and the spokes are like the apparently separate beings or objects. Yet the whole wheel is one.

From the perspective of humanity, it seems more accurate to say that the Infinite One is within you. It is the heart or deepest point within the mind, the point of stillness perceiving the apparent movements in the mind and the world. From the apparent outside, or from the human view, on the inside there is a

singular Consciousness that is the Awareness of what happens to each and every being. This can be useful to understand and to point to that inner stillness. But along the way to reaching that Awareness, the sense of inner and outer must be discarded. Because the truth is here all along. We don't really need to reach it.

Like the example of the wheel, if we look at and label individual parts, then it is the centre that is the point of oneness. But the wheel is itself one, and really there are no separate parts where the One is not. It is the same with the world. It is all only the Infinite One. If we pick out separate parts and label them, then that mistake leads to us trying to explain the Oneness in terms of this and that.

It's not even One. It is no number. Truly, it is what it is.

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### **The Infinite Ocean of Awareness**

Humans, and for that matter all beings, are like localised swirls of perception in the Infinite Ocean of Awareness. The apparently separate being is a focal point of perception within the world, with the ability to respond to and interact with the world, of which it is a flowing part. 'Part' isn't a correct enough term. Maybe 'quality' better expresses how a seemingly finite being is a flowing quality of the world.

When we withdraw from the belief that we are human and we are the body, our concentration falls within the mind, where we recognise that we perceive the thoughts, the bodily sensations, and the world apparently around us. The mind then is like the swirl in the ocean. The swirl is made of the same stuff as the ocean. It is the ocean. The localised mind is a swirl in the ocean of Infinite Awareness.

This localised perception is the means by which Infinite Awareness can perceive the apparently finite world. There is no limit to how many localised perceptions there can be, because the ocean in which they swirl is infinite.

Picture the scene: there is a boundless ocean, and within that ocean there are countless swirling eddies, each of them slightly different, some bigger, some smaller, some clashing with each other. Some of these swirling eddies last a while; some fade away quickly. But it's all just the ocean. This is how it is with conscious beings. We may think that we are all separate, and different from all the other conscious beings, and we may clash with them. We may live longer than some we have known. But we are not really different from them. We are not really separate. We are the same stuff.

There is only the Infinite Ocean of Awareness. This individual swirl of consciousness we may think we are, is a flowing quality within the Infinite One. For a time you may identify as a separate swirl in the play of life, but there is always only the Infinite One.

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## 6 SPACE AND TIME

### **Anyone Out There**

You may think you are a man, a woman, a human, a mind, a soul, consciousness. Whatever you think, it is experienced here. When you read this or think the word 'here', for instance, the thought is experienced in the place I mean. It's not a distinct place that you can reference. You could say it's in the mind, which of course is a little vague. But you have a sense of where 'here' is.

All experiences are here. If there's a noise, you experience it here. You may get a sense of a place in space where that noise is occurring, but your experience of the noise and its position in space is experienced here. The hearing is here. If you look out on a landscape of houses, hills, mountains, sky and clouds, you have a sense of distance and you can label different objects, but the actual seeing is experienced here. It is experienced here as one seeing. The labelling is what the mind does. It's similar to how the mind can consider a painting of a landscape to have buildings, hills and trees, whilst it is just one painting.

So all perception of space that you have is really experienced here. It is here that you experience the sense of depth, height and distance. Whether something appears far away or very near, it is experienced right here. There is nothing that you have experienced outside of this place right here.

It is the same with time. Your perception of time is always experienced here and now. You cannot experience the past and you cannot experience the future. You can recall a memory of the past, but the perceiving of the memory is here and now. Even if you could see into the future you would be seeing it now.

If you experience something happening, you experience it happening here and now. The movement of clouds in the distance – you experience the seeing of that here and now. Any change is experienced now. If you watch a time-lapse scene on a screen, where a view of a landscape is sped up, the screen doesn't move. The change appears right there on the permanence of the screen. It is similar with our perception of time and change in the world.

These experiences appear within the mind from the senses. All perceptions are experienced within the mind. Any experiments about space and time are experienced within the mind of those who perceive them. Although there is a sense of space and time, that sense of distance and change is experienced here and now.

Ultimately you can never be aware of something outside yourself. Really there is no outside. The general human perspective is that the mind is inside and the body and the world is outside. But this duality of inside and outside is only a perspective in the mind. In fact both the apparent inside and outside are experienced in the same place, here and now. There is only an appearance of outside.

That point of Here and Now is without space and time. But that doesn't mean that Here is infinitely deep or wide. It simply has no depth, no distance. Now doesn't 'last for all time'. It has no time. It is simply timeless. Space and time are illusions that play out in the infiniteness of What Is. Here and Now is the simple nature of What Is, and there is no need for a creation theory about it. It is formless and

uncreated. It simply is.

We cannot put a point on where this Here and Now is. When you really explore it, you can't put a definitive point on where anything is. The reality is that space and time are illusory, and Here and Now just is what it is.

### **How Far Can You See?**

How far can you see? Such a small question, but not that easy to answer. If you look into the night sky on a clear night without clouds blocking the view, how far can you see? Well, it depends on the ability of the eye, and this can range from person to person.

On average, people can generally see the light from stars in the Andromeda Galaxy, which is 2.5 million light years away, which equates to about 23 quintillion miles. That's incredibly far. It's all about the eye receiving light energy, or photons, from the object. If the ability of the eye is able to pick up that energy then it's seen, but in theory there is no limit to how far away that can be.

However, although we may perceive something as far away it is seen right here. You can't see anything without it being seen right here. Distance is perceived right here where there is no distance. Space and time appear in the place of no space and time. The Infinite One is without space or time. If space and time are to appear, they can never be observed anywhere other than here and now, because space and time are illusory. There is only the Singularity here and now.

### **Distance – Near and Far**

It's very helpful to consider distance. The universe appears to have a lot of space. Even the room I'm sitting in has a lot of space. We could say that space is what's in-between things. But even the things themselves have space in them. So it's probably fair to say that space is everywhere, and objects appear in this space. If there was only space, then distance wouldn't really matter. Distance appears when apparently separate things occupy space. So we think of distance from one point to another. Distance is relative. It requires two points relative to each other.

We use our own measurements to describe distance. But in terms of opposites we can say that something is very near, near, far, or very far. We can be more descriptive than this, of course, but the point is that we can think of distance as a continuum from near to far. These opposites sit nicely on the Continuum of Closeness.

What's so important about this? Well, although the world appears with things near or far, the world actually only ever appears to us as Here. We can never really be near to or far from things. We can experience near and far, but we experience them right Here in our centre of experience. To put it more simply, if I see the planet Jupiter in the night sky, I know that it is very far away but I can only experience its image right here through my eyes and in my consciousness. My experience of it is Here.

So although there is an experience of the opposites Near and Far, and there appears to be a Continuum of Closeness, the real human experience is right Here. And whether something appears far away or very near, it is actually experienced right Here in the mind.

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## 7 SPIRIT AND MATTER

### **No Matter What**

It is generally accepted that the world is made of matter, our bodies are made of matter, and we each have a mind that is the product of an evolutionary development of the brain, which is made of matter.

But what is matter? Matter is generally considered to be the building blocks of life, and life is made out of matter. Science tells us that matter is made of molecules and empty space. There is an appearance of solidity in matter, but it is permeable. No matter is truly solid to the extent that nothing can pass through it. Matter vibrates at different rates, and some wavelengths can pass through others.

How do we perceive matter? No human can perceive matter except within consciousness. When you see or touch a material object, such as an apparently empty glass, you experience it within consciousness. The sensing of touch and seeing are perceived within the mind, and the mind is perceived within consciousness. Whatever we conceive of matter, our only experience of it is within consciousness.

In fact there is nothing that can be experienced outside of consciousness. Consciousness is where the experiencing happens. If we see a distant star in Orion's belt, the seeing is perceived right here in consciousness. You can look at it through a telescope to get a more detailed view, but you are still perceiving it in consciousness. Consciousness is perceiving, and everything you have perceived has always been in consciousness. In fact, it is the one constant throughout your human life. Consciousness is here right now, perceiving this book.

So we can look at matter from a different angle, which is more encompassing, accepting the singular nature of what is. The Singularity is Consciousness, and this world of matter is ultimately the world of consciousness. The appearance of matter is vibration of consciousness within consciousness. It can be considered as a condensed form of consciousness, a bit like ice floating in the ocean. But this is only illusory, as consciousness doesn't really change. It only appears to change.

### **Spirit in the Sky**

Let's consider spirit and matter. Generally humanity has a sense of what is spirit and what is matter, even if some people don't believe in spirit. It would be fair to say that a lot of people believe in matter. People talk about it being a material world, where humanity gets what it can out of the material substance of the planet. We generally consider matter to be the solid stuff that things are made of, but it extends to liquids, gases and plasmas too. The physical world that humans can know through the standard senses is mostly accepted as matter.

Spirit on the other hand is something that humans can't see with the standard senses. It's something that maybe religious people or 'spiritual' people believe in. It has something to do with God, and it's something that outlives the material body. Many people have a vague view of spirit as this. Some people believe that view. Some people don't believe it.

Here's the view from the Singular Theory of Everything: there is only Infinite Awareness. Spirit,

Consciousness and Awareness are the same thing said in different ways. We use different words to explain different aspects of the unexplainable Infinite One.

So Awareness can be called Spirit, and in that sense it is the ever present unseen quality of what is. That unspeakable essence of what Life is. This Spirit of Awareness is expressed in the world as a Spectrum of Spirit, from the most free and formless of forms to the most limited and dense of forms. It is those denser forms that can be labelled as matter. But we can also call it dense spirit. There is only the one substance, for want of a better word. It may be better to say there is only One Spirit, and when that One Spirit takes form there appears to be a distancing from the unseen pure nature of true Spirit, true Awareness. Distance from the complete freedom of true Spirit, appears as a condensing and restricting of form into what we think of as matter. But it's still spirit, in a similar way that ice is a condensed, hardened form of water.

Is the world made of matter only? No. Matter is just a human label for a hardened form of spirit. Spirit is all that is.

Do you have a spirit? No. There is One Spirit. Nobody has it. Nobody owns it. It is right here now. It is what it is.

## 13 LOVE

### **What's Love Got To Do With It?**

Whilst writing this book it seemed important that Love should have a chapter of its own. Why is Love so important? Well, it is the nature of the Singularity. It is your true nature.

The love we know of, where two people meet, fall in love, and spend their lives together, sometimes happens. But sometimes it doesn't work out that way. Sometimes we fall in love. Sometimes we drift apart. That's the way of the World of Opposites.

There's a higher love too, which we think of as compassion for others. It doesn't have the same excitement and magnetism, but it has a nobler quality. There is a sense that this nobler love is a great thing. Indeed, having compassion for others is more godly than disregarding others. Compassion is closer to true Love.

### **One Love**

True Love is the nature of the Singularity, whereas the love we experience in the world is a Continuum of Love. It goes something like this: compassion for all, compassion for a group, loving someone close, liking someone, having no feeling towards someone, disliking someone, hating someone, hating a group, hating all. That got a bit harsh there towards the end, but that is the way the Continuum of Love appears in humanity. Hate appears as a reflection of love at the opposite end of the Continuum of Love.

When we see the spectrum of colours within a natural rainbow, this appears as a result of the dispersion of wavelengths of light within white light. In a similar way the Spectrum or Continuum of Love can be considered as appearing from the True Love of the Singularity. The World of Opposites stretches out Love between its opposites. Its highest and lowest qualities appear on a continuum. To put it another way, those closest in likeness to the Singularity and those least like it appear through a continuum.

Our true nature is this One Love. It is a love beyond closeness. It is a love beyond 'me' and 'you'. It is a love even beyond loving all. It is solely love without other. It is this love that gives rise to the world. The love that humans experience is a result of the Pure Love within shining through, dispersed in this World of Opposites, like white light dispersed into a spectrum of colour. The spiritual goal for humanity is to drop the resistances that prevent this love from shining through in its pure form.

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## 16 THE EGO

### **The Ego and Selfishness**

In some ways the ego can be considered as the reflection of reality. We think of the extreme ego as the devil, who epitomises selfishness and cruelty to others. This is the opposite of reality. Reality is the pure, selfless, Infinite Awareness; not the troubled, limited, selfish ego identity.

Yet the ego is what human experience is about right now. Within Infinite Awareness the ego is allowed to appear. Selfishness is allowed to appear, and it could be considered as a natural consequence of the unfolding of the World of Opposites. Opposites manifesting from the timeless Infinite Singularity appear to be a division or separation of the One. The opposites stretch away from each other, and the reflection of What Is becomes the extreme opposite of What Is. The selfish ego identity appears.

Selfishness is the opposite of godliness. God is the Infinite One. Selfishness is the expression of the opposite of this. Selfishness separates itself from others, and holds itself higher than or more important than others. It is unsatisfied, craving satisfaction for itself.

### **The Selfish Delusion**

Selfishness is the delusion of the ego. It is not necessarily a genetic thing, but it is an inevitable consequence of the World of Opposites. You see, selfishness is the opposite of the selfless truth of the Infinite One.

As the apparent world seems to spiral out from the heart of the Infinite One, opening out into opposites that reflect the original source, Infinite Consciousness seems to condense into many dense limited forms. From the selfless nature of infinite oneness, appears the selfish world of forms clashing and competing against each other or uniting against others. Identity forms in the minds of beings in this world, where limits seem real.

As thought energy formulates its sense of self in the mind, it develops its identity as separate from others. Thought forms identify as a condensed physical form. In our case, thoughts identify as being human. This identity has a sense of its own separateness from others, which inevitably brings a sense of being incomplete. It feels the need to belong or interact with others. If it can't belong with others or it clashes with others too much, it will spin away on its own, increasing its sense of separateness.

This thought energy develops into what we call the ego, or what can also be called the selfish delusion. The ego is a bundle of beliefs in separateness that formulate a sense of self separate from others. It is the big mistake, the opposite of truth.

The extreme of this selfish ego presents as a hardened personality, emotionally cold, bereft, and stuck in the dark side of life. It dwells in darkness and death, hurt and suffering, pain and loneliness, lies and deception. This pain and suffering spreads like a disease to others it makes contact with.

This belief in the dark side of life is the selfish delusion. For this world of light and dark is only an apparent splitting of opposites from the pure light and perfect oneness of the Infinite Singularity. The

truth is not this World of Opposites. The selfish ego is the opposite of truth. The truth is Infinite Oneness, a boundless being of peace, clarity and life. There is no other. It is what it is.

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## 20 ACCEPTANCE

### **Why Does It Always Rain On Me?**

Sometimes it can seem that everything is going wrong. Maybe you're trying to get a job. You keep applying, maybe you get interviews, but it doesn't work out. Maybe you're trying to buy a house, but the sale falls through, or there is delay after delay. Maybe your relationships don't work out: you meet someone and think they're wonderful, but then they don't feel the same about you and you break up. Sometimes family members or friends die within a few weeks or months of each other, and it brings you huge sadness. It may be a number of these things happen one after another, and it seems like everything in life is going wrong.

Well, it's not going wrong. This is the human experience. In some ways it's right that it goes wrong. Humans are a developing species and challenges are a common part of life. Also, you are not a human, and as long as you believe you are then the human experience will bring some tough challenges and there will be suffering. The universe cannot allow the error of the separate identity to continue. The universe naturally responds by challenging it, and humanity won't grow without challenges.

But there's another very important thing to consider, and Shakespeare expresses it well in *Hamlet*: "There is nothing either good or bad, but thinking makes it so." When you think you are thinking that everything is going wrong in your life, that's the mind thinking it. You are not the mind. You are the Consciousness within which the mind appears to exist and without which the mind cannot exist. The mind is part of the World of Opposites. It labels and classifies things in the world. But really there are no labels, no classes and no things. There is only What Is.

The mind has a tendency to label things in terms of opposites. So if you have a plan or a sense of how things should go, and that doesn't work out, the mind labels this as "going wrong". But really it just is what it is.

Part of awakening is recognising that you are not the thoughts and you are not the thinking mind. You are formless Awareness, experiencing the human life through its senses, and you witness the thoughts that appear in the mind. As this realisation dawns, there is a recognition that the labels are not true. Nothing is truly finite, so it cannot be truly labelled anyway, and perceptions of right and wrong are dependent on the human experience. The universe will play out how it plays out.

It is an important part of awakening to accept that the universe is what it is. The human is not the master of the universe. The human is far from in control here. But it's okay, you are not human, you are Consciousness aware of the world through the human experience. Nothing is happening to you.

### **The Importance of Letting Go**

Simply put, holding onto things holds you back. You may want to hold onto things, and maybe you don't mind being held back. That will be the way for some for a time, but it's doubtful that's the way for you if you are reading this book.

Considering God, God is infinite. Considering reality, reality is infinite. Considering truth, truth is infinite. Considering peace, peace is infinite. If you are searching for God, reality, truth, or peace, then the answer is infinite, without bounds. These are all of course the same Infinite One. If you want to realise this then you'll need to let go.

In truth there are no limits to things. There is no this and that. There is nothing to hold onto. There is no you who holds on. All is one and one is all.

But we humans have this experience of holding onto things. Holding onto anger, holding onto pain, holding onto possessions, holding onto beliefs, holding onto thoughts and concepts as if they are real. These things can appear very real relative to the world in which they appear. But within the realm of truth, they're transient, they come and go. The only permanent is you. Not you the person, but you the Infinite One who is experiencing the human life or perspective.

Holding onto things that naturally come and go in the World of Opposites will lead to difficulties. We must let them come and go. It's fine to experience the happiness when something pleasant comes along, but it will turn sour if we hold onto it. Let it come. Let it go. Be at peace with knowing that things come and go. The most valuable of all is you. Without you nothing can come and go.

Letting go can set you free. Of course, you are free all along, but the holding onto things causes a sense of being held down and held back. We limit ourselves by holding onto identity as a human, and limit what is possible in life. Letting go brings us to our true nature of infinite unbound freedom, which is here all along. It is the holding on to things that makes it seem like we have to let go to be our true peaceful complete nature. But we are truly free and at peace all along.

The world we see is like a picture of limited things painted on an infinite canvas. If you hold onto those limited things you lose sight of your infinite nature and seem to become a limited part of a limited world. All is not lost, of course, because you are forever infinite, you are not bound by anything. It is only an appearance and a mistaken belief of limitation. Letting go of 'things' means coming back to that sense of infinite freedom, your true nature.

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## ABOUT THE AUTHOR

David Hall lives in Wales in the United Kingdom, where for many years he has worked for charities supporting people with disabilities and mental health difficulties. He is a writer of spiritual books and poetry, a creator of electronic music as Goldcup7, and a designer of Celtic knotwork software.

Previous books by the author:

*The Edge of Enlightenment*

*Philosophical Contemplations*

[www.goldcupdesign.co.uk](http://www.goldcupdesign.co.uk)