

UNITY THEORY

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About This Document and The Theory

This document provides a brief introduction to Unity Theory. Unity Theory is a new model for looking at the worlds around us, the worlds inside us, and to discover the many worlds that we have yet to discover. Yet even more than that, Unity Theory is a starting point for working together, understanding, discovering, and creating things in a world where we are all ONE. A world where you and I are not just connected by names, roads, countries, the Internet, or the air we breathe, but because we are in fact physically all connected in ways that go far beyond what we can hear, see, smell, or touch.

Unity Theory is a description of ultimate reality. Although I don't believe that we as humans (in our current form) are able to completely comprehend the infinite reality beyond our own, I do believe that we can always imagine the next reality beyond ours. It is an innate ability that we have that enables us to think, to grow, and to realize our most beautiful dreams. And this is my hope for Unity Theory. I hope that Unity Theory will inspire people to look differently at themselves, and the world around them. To no longer think of themselves as just 1 out of 6 billion, but rather a unique part of all that we are. I hope too that this theory will inspire a new generation of scientists to learn to trust their own instincts and intuition, instead of always comparing their own insights to the books and ideas of others.

For too long we as humans have been taught that we should humble ourselves and not be proud of how beautiful and unique we all are, or how essential each and every one of us are. Whether it be the belief that people are only as valuable as the taxes they pay, the goods and services they produce, or how smart or physically attractive they are, all of these are based on a single false assumption: That there is a single reality outside of ourselves. This is in fact one of the greatest illusions of all time.

Even if you don't believe in being ONE with everything else, nature has never once shown us concepts such as 'value', 'right', or 'wrong'. Only we have attached these concepts to the world around us in order to justify our actions and our beliefs. The reality within ourselves has always been used to interpret and understand the reality 'outside' of ourselves. From the most famous religious, political, artistic, or scientific figures in our history, to the rest of us who have never been mentioned in the history books, all have used their inner voice to choose for themselves what is 'right' and 'wrong', and what is important and not important.

This leaves an important question for all of us: What do we want to believe, and what choices do we want to make? What do we want to achieve, and where do we want to go? Unity Theory does not provide answers to these questions, but rather provides a guide and a context within which we can leap forward into the next stage of human evolution: From isolation, and back into unity.

Andrew Whalen

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Table of Contents

Introduction	3
Unity Theory - The Basic Concepts	5
Unity Theory - Summary	12
Unity Theory - The Applications and Potential	14
Conclusion - The Future	18

Introduction

What is Unity Theory?

Unity Theory is a scientific theory that describes the reality beyond our own personal reality. Since the beginning of recorded history, men and woman have asked themselves a simple and very personal question: Why? Why are we here? Why does the sun rise each day? Why do objects fall to the ground? Why do we grow up, and then grow old? In addition to 'why', we've also asked ourselves 'what?' What are we? What are the things around us? What is that voice inside my head?

Unity Theory is a theory that has been designed to provide answers to the most basic questions about reality by providing a description of what reality truly is. It is a theory that explains why life express itself in terms of pluses and minuses, birth and death, why there are big things and small things, why we love and why we hate, and why there are things that cannot simply be explained by the 'laws of nature'.

However, what is a scientific theory? A scientific theory is a model and a set of ideas that can be used to describe things. For instance, traditional scientific theories are used to describe things like motion, sound, light, disease, economics, or electricity. Unity Theory is also a scientific theory in that it can be used to describe all of these things, but it can also be used to describe other things that don't (yet) fit into traditional scientific theories such as extrasensory perception, reincarnation, consciousness, or homeopathic remedies (just to name a few).

Unlike most scientific theories however, Unity Theory is a theory that can be used to describe anything. Instead of being focused on one particular aspect of ourselves or nature, Unity Theory describes the reality beyond all other realities. While many attempts have been made by traditional science to create a single Theory of Everything that describes all physical aspects of our universe, these theories have been constrained by a single important factor: They all try to predict future events. In a universe that is constantly changing, a theory that attempts to predict all future events is a theory that can safely be predicted to be outdated as soon as it is written. Unity Theory is then, unlike traditional scientific theories, a theory of choice, possibilities and freedom. It is a theory that more closely maps to our inner experiences and truths than the static and rigid natural 'laws' that have been proposed for many centuries.

In many ways Unity Theory is a bridge between the world of science and the world of spirituality. In the world of science a thing is proven to be truth when it is demonstrated to exist outside of ourselves, and in the world of spirituality something is proven to be truth when it is experienced from within. Faith in God or love for another are two very important aspects of most people's lives that are held to be truths, even though not one of them can be proven by science. Unity Theory on the other hand encompasses truths that appear to exist outside of ourselves, and truths that can only be experienced from within ourselves. And so Unity Theory acts as a bridge between these two conflicting ways of establishing truth, of describing our world, of communicating with one another, and of growing and evolving as humans.

Unity Theory is based on a single important premise: We are all ONE. This means that there is no real separation between everything in our universe, and beyond. Whether it is your mother, your friend, your house, your neighbour, the grass under your feet, or the sky above you, all of it is part of you, and you are a part of all of it.

Why Unity Theory?

For thousands of years many religions and philosophies have held central to their beliefs that we are all one. This belief has been a central theme in not just eastern religions, but also in faiths such as Christianity, Islam, and Judaism. In English it is phrased as: "Do unto others as you would have them do unto you."

For some, being one with everything is just an abstract philosophical idea, while for others it is not just an idea but a physical reality that we are literally all ONE. And believing in such an idea is not just limited to members of the spiritual or religious communities, but also the scientific community. Since the discovery and creation of the field of quantum physics many scientists have been confronted with dazzling puzzles that only seem to make sense if you consider that we are all quite literally ONE.

But what does this mean to you and me? What does it mean to live in a world where there is no real distinction between 'you' and 'me'? What is the 'me' that I hear inside my head? What is the 'me' that makes choices? Is that voice inside my head or my ability to make choices unique to humans, or could it be that other creatures and objects may have a similar ability? If we are all truly ONE, what are we and what are the things around us?

These questions and more are the inspiration for Unity Theory. A theory that provides a model to understand the world around us, the world inside us, and the worlds that we have yet to discover. A theory that aims to give us the tools to navigate a world where the only boundaries are those that we create, not those that truly exist.

As humans we have reached an exciting point in our recorded history: We have grown beyond being groups of remote and independent tribes and countries into a worldwide family of people of all types, beliefs, habits, and realities. We are now confronted with two main choices for how to handle this new world: Traditional science tells us that we are all separate and that it is the individual components (people) that matter, while spirituality tells us that it is the whole (people, animals and the entire world ecosystem) that is the most important. These two conflicting approaches can be seen in politics, economics, healthcare, education, and even religion, where some fight for their own good, and others fight for the good of their group. And yet I believe that the true reality is both: Each individual is the most important, just as each group is the most important. It isn't a question of either/or, but rather and/and.

And so this is the 'why' behind Unity Theory: If we are all ONE, what are we really? If we are all ONE, what is really happening around me and inside me? If we are all ONE, what is possible? Do we have limits, or only choices? These questions and more about ultimate reality have been the inspiration for me to create Unity Theory. Through inspiration, exploration, research, and experience I feel that Unity Theory provides an answer to these questions, and provides us all with a new look at ourselves and our world. A new beginning for a new future for all of us where we all know who we truly are.

Unity Theory - The Basic Concepts

This part of the document describes the various concepts and ideas that make up Unity Theory. As a theory that describes everything, it is perhaps helpful to try to imagine as you read this information that the theory describes you as a person. Although the theory applies to all things - a person, a tree, the earth, an atom, even 'love', it is probably simpler in the beginning to imagine how this theory applies to you as a person.

However, once your imagination begins to take hold try not to limit yourself to thinking only about being ONE with other people, but also with your environment. Try not to imagine that only humans are conscious, but also that animals, plants, and even so-called 'inanimate' objects too are conscious, have memory, and are truly ONE with you and me. As you do so it will help you to turn a theory that in itself describes everything, into a theory that describes something very important: your own reality.

Everything Is ONE

The first and most important concept in Unity Theory is a description of all that there is. This concept answers the simple question: What is everything? The answer is: Everything is ONE. This means that that every possible thing, experience, choice, or reality exists now. It is an infinite field of possibilities called the **Unity Field (UF)**. There is no separation in this field, no space, and no time. It simply is, and it exists without dimension or location. The Unity Field contains an infinite amount of information about all possibilities and realities.



Figure right: The Unity Field is an endless sea of possibilities and information.

To better understand what it means to be ONE, it is important to understand what it is NOT to be ONE. Why? Well imagine for a moment that you are not only ONE with everything, but also ONE with all knowledge, experience, time, and space. Think about it: What would you be? How could you experience anything when there is nothing that isn't you?

An even simpler way to imagine this concept is to imagine that you are standing in a white room with no doors, windows, walls, ceiling, floor, or corners. You can't see your body, and there's nothing else in the room. How would you describe yourself? You couldn't.

Now imagine the same situation, but now there's something in the room: a black chair. Now try to describe yourself again. You can describe yourself as NOT being the black chair. This is of course the simplest case, however we use the same mechanism in our own world and in our own lives. We describe ourselves as being 'tall' because there are those of us that are 'short'. We describe ourselves as 'old' because there are those of us that are 'young'. We describe ourselves as being 'happy' because there are times when we are 'sad'.

So although all things are ONE with each other, there must be something more that we need to explain how we (and things) experience each other. Describing ourselves as what we are not is more complex than simply comparing ourselves to other objects. Change is an essential part of describing who we are and the world around us. Without change life would be like staring at the same painting for an eternity. But how does 'change' come into being? Change is the result of memory, and this is the next concept in Unity Theory.

Everything Has Memory

Memory is an essential aspect of being able to experience oneself and being able to act in a world where everything is ONE. Without memory it would not be possible to label something as not being ONE with you, or in other words: Not being you. If you didn't have any memory, it would not be possible to identify things, make choices about things, or in fact be aware of yourself. If we didn't have memory everything we saw would be as if we were seeing it for the very first time.

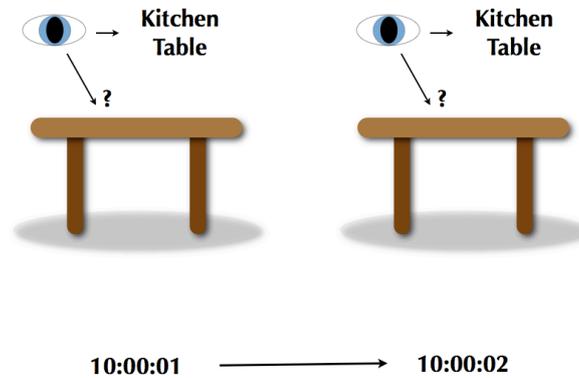


Figure above: When you see your kitchen table at 10:00:01 and then the same table at 10:00:02, your memory links the two objects, even though they are not exactly the same. At 10:00:02, however small the change may be, your table has changed (Wood decay, lighting in your room, etc.). However, because you have memory you don't identify the kitchen table at 10:00:02 as being a new table, but the one you already know.

So what is memory? Memory is a record of a series of experiences. Each experience being linked to the next. When we interact with something we give it a label in our memory, and the next time we interact with that thing we add it to our memory of that thing. This sequence of memories gives us the experience of 'change'. As we compare our first experience with something in our memory to all our other experiences with that thing, we are able to detect differences in those experiences, thus enabling us to experience a thing as changing and also being.

Why is change an essential part of 'being'? Because without change it would not be possible to identify how something reacts when you interact with it, and thus it would be impossible to differentiate something from its surroundings. Even the example of the black chair used earlier in this document is more complex than it appears at first. The black chair was not black until you shone some light on it, and it 'changed' the wavelength of the light it reflected to be black. Before you shone light on the chair it was most definitely not black. You label the chair (in your memory) as black because it changes from not being visible to being black when you shine light on it.

Memory is also essential because it gives us the impression of 'time'. In ultimate reality time does not exist, as all things exist in one infinite and singular moment. It is only through Memory that we are able to observe change, and thus we have the experience of 'time'. Time in Unity Theory essentially represents a sequence of experiences, things that appear to happen one after the other. And so memory is an essential aspect of Unity Theory because it is an essential aspect of being able to experience a reality where everything is ONE. It is essential because it enables us to experience things as being separate from ourselves.

However, is memory enough to describe what we are, and what we aren't? No. If we only had memory, it would be like watching the same movie for an eternity. You'd recognize the actors, the scenes, and the plot, but strangely enough you would be absent from the movie that is your life. The next ingredient is consciousness.

Everything is Conscious

The next concept in Unity Theory is that everything (E.g. people, trees, rocks, planets) is conscious. This means that everything is aware of itself and its surroundings. Everything has the ability to identify a part of all that there is (the Unity Field) as itself, to interact with other consciousnesses, and to respond to such interactions. Consciousness is essential because without it, it would not be possible to identify the experiences in your memory as being related to, and being a part of yourself. Additionally, consciousness is an essential part of existence as it is required to be a processor of experiences with other consciousnesses - in other words: choice. Consciousness is the actor that decides what to do next.

The Unity Field (all that there is) is co-inhabited by an infinite number of individual and unique entities known in Unity Theory as **Consciousness (C)**. All Consciousness is hierarchical (and thus part of 1 or more Consciousness), all of which are part of a single Consciousness that encompasses all other Consciousness. This top-level Consciousness that is the parent of all other Consciousness is known as the **Unity Consciousness (UC)**.

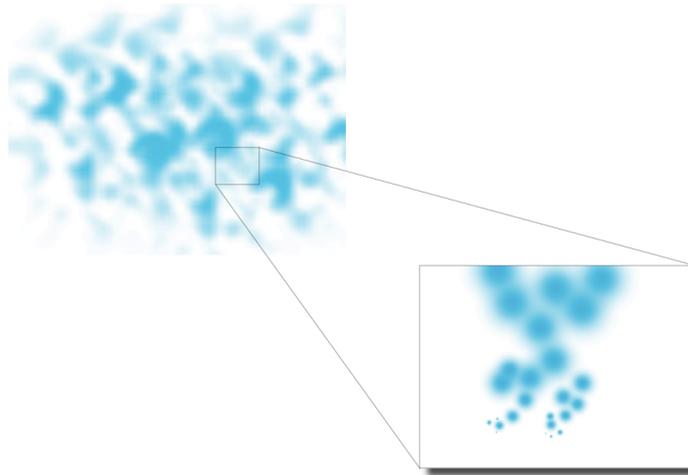


Figure above: The Unity Field is inhabited by an infinite number of Consciousnesses, where each Consciousness is part of a larger Consciousness.

The Unity Consciousness encompasses all that there is, and is aware of itself as being all that there is, was, and ever will be. Many people experience the Unity Consciousness as 'God', some call it 'Life', and yet others call it the 'Universe'. Because being conscious requires an awareness of oneself it is also necessary to have something that is not yourself. This is the reason for an infinite number of Consciousnesses in the Unity Field. Each Consciousness (starting from the Unity Consciousness) requires another Consciousness that is not itself to be aware of itself being itself. This is reflected in our world in terms of opposites: God and the Devil, Up and Down, Warm and Cold, Me and Not Me, etc.

However, a Consciousness is more than simply a logical processor that takes input, makes a choice, and then sends out output. A Consciousness is the process and result of an infinite creative process. If a Consciousness never changed and never become aware of new choices, the universe (and beyond) would be infinite and yet completely static. All possible choices would already be determined, programmed in, and would simply wait for the right inputs. This is not the nature of reality, and it is not the nature of Consciousness. A Consciousness has a unique property known as **Awareness (A)**. Awareness is the context within which a Consciousness lives and creates. Awareness describes the part of the Unity Field that a Consciousness is aware of, in other words, the choices, possibilities, and information that a Consciousness knows about.

Awareness is the next concept within Unity Theory.

Everything Has Awareness

Every Consciousness is aware of a certain set of possibilities and choices in the world within which it exists. To understand Awareness it is first necessary to understand what a **World (W)** is. A World (in Unity Theory) is a unique subset of the Unity Field (all that there is). A World contains a unique set of information, choices, possibilities, and other Consciousnesses. A World is a field of possibilities within which Consciousnesses create their own reality, have experiences with other Consciousnesses, and grow their Awareness.

Thus the Awareness of a Consciousness is everything that a Consciousness knows about in the world within which it exists (E.g. The other Consciousnesses that it knows in that World, the things that are possible in that World, information about that World, etc.).

Because a World is a unique sub-set of possibilities (of all that there is), a World can be seen as containing a set of basic properties and 'rules'. For example, in our universe humans (in general) are aware of certain properties and 'rules' such as gravity, electromagnetism, and other atomic forces. This Awareness causes us to make choices based on these 'rules' and properties. Because we are not aware of other possibilities, we continue to make choices based on these perceived rules and properties. This is why we sleep, eat, and don't attempt to fly by jumping off a cliff. Although the potential of the Unity Field is infinite and the potential of our universe (World) is so much greater than we can imagine, our Consciousness chooses to exist within a restricted context of all that there is.

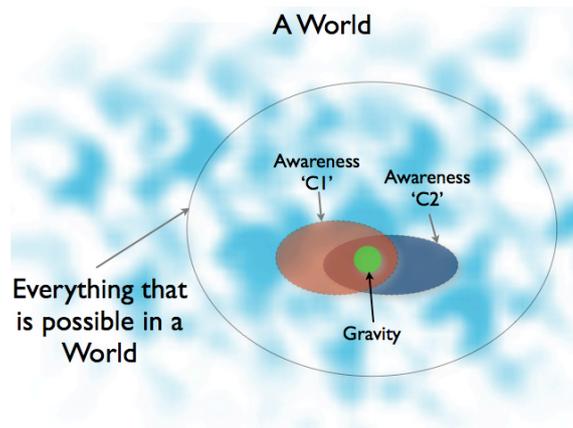


Figure Above: A World contains a unique sub-set of all that there is. Each Consciousness is aware of a sub-set of the possibilities of the World that they are a part of. Consciousnesses that are aware of each other have an overlapping Awareness. Consciousnesses that are aware of common things (E.g. Gravity) share a common Awareness.

But why would a Consciousness restrict its Awareness of the full potential of the World within which it exists? The reason is so that it can experience itself as a unique part of a World. If it didn't restrict itself it would be able to do anything and everything all at the same time, and thus it would be no different than the World within which it exists. By restricting its Awareness to a particular subset of all that is possible in a particular World, a Consciousness gives itself the chance to grow its Awareness, and experience new and unique aspects of a World.

For example, life as a human would be very different if we were born with the capability to do absolutely anything and everything perfectly - without ever having to learn or grow. What would life be like if you were born with the perfect body for sports, the perfect intelligence for science, and the perfect level of creativity for art? Additionally, what if you were born with the desire to do all of these things? Life would be frustrating if you were unable to choose between all that life as a human has to offer. Therefore by restricting our desires and our capabilities, we give ourselves the chance to focus, to explore, to learn, to grow, and experience a truly unique aspect of humanity.

Awareness in Unity Theory is a very subtle and yet very important aspect of ultimate reality. What Awareness means to us as humans is that when we have experiences with other Consciousnesses, we make choices based on what we believe is possible, and not based on what IS possible.

For example, in our World not everyone has the same Awareness. Not everyone sees our World in the same way, and not everyone interprets their experiences in the same way. In many ways Awareness can be compared to knowledge. Awareness is simply everything that you know about the World in which you live, about its possibilities, about the choices that you can make, and all of the things that you can interact with. A very simple example of Awareness is the picture below. Take a look at it for a few moments and think about what it means to you:



What's going through this woman's mind? Is she cold or tired? Is she feeling down, or experiencing pain? Is she perhaps alone in a cold and inhospitable place? What do you feel when you see this picture? Would your feelings be different if your Awareness of what is happening in this picture changed? Now let's increase your Awareness of the above picture. Here is the same picture again, but from a different perspective:



The woman in the picture is actually experiencing love, warmth, and compassion for her child. Her child feels safe and protected, clinging to her mother's warm body. Instead of a cold and barren environment there is a very close and intimate atmosphere.

Although this is a very simple example, by changing your Awareness of this picture your thoughts, feelings, and experience associated with this picture have (most likely) changed dramatically. In this example the change to your Awareness has changed the information you had about the woman, and now you better understand the truth behind the picture.

And so likewise Awareness is essential to providing a Consciousness with a context within which to learn, grow, and experience. It provides a reference and a map that can be used to explore the World in which it lives.

However, because Awareness gives a Consciousness the ability to experience itself as what it chooses to be, it is also necessary for a Consciousness to experience what it is like to not have an Awareness of something. As described in the section on Consciousness in this document, you can only truly experience something when you also experience the opposite or absence of that thing. This brings us to the next concept in Unity Theory, and that is of a **Life (L)**.

Everything has a Life

A Life in Unity Theory represents a cycle of Awareness. Each cycle of Awareness brings a Consciousness in contact with something (makes it aware), and then removes it from contact with that thing (restricts its Awareness).

The purpose of having a Life is to create the possibility for a Consciousness to experience the existence of a World. If there was no beginning to the experience that a Consciousness had with a World, that World would cease to exist as something separate from a Consciousness. It would be something that has always been, always is, and always will be. This is rather like the Unity Field itself. You can only truly experience what it is to be all that there is, if you first experience what it is to be less than all that there is.

A Life is created by a Consciousness by forgetting a part of what it is by blocking its Awareness of a part of its Memory, and restricting its Awareness of how to access that part of its Memory. By doing this a Consciousness makes it possible for itself have a unique experience. Without a Life all knowledge, experiences, and possibilities would simply exist at the same time within a Consciousness. By following this process a Consciousness is able to experience itself as being less than all that there is, and is able to experience an infinite number of different experiences.

A practical example of a Life in our human experience are the seasons here on Earth. It would not be possible to experience what the summer is like without having a season that is not summer. However it is not possible to experience 'not summer' without experiencing the summer. Thus the seasonal cycle is how the seasons (and we) experience Summer and Winter. Without this cycle seasons would cease to exist as something that can be experienced.

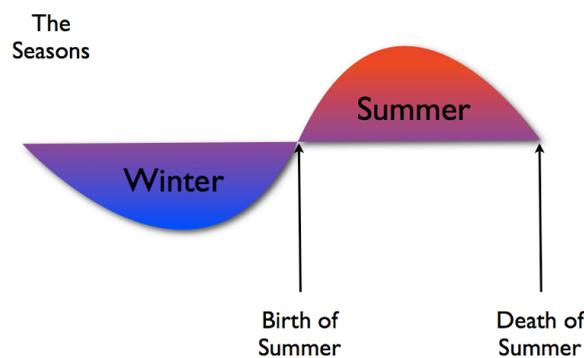


Figure above: A Life (cycle of Awareness) is a part of ultimate reality. By having a beginning and an end, it is possible to experience something. For example with seasons, if it was always Summer, seasons could not exist.

The concept of a Life however is more subtle and more far reaching than you might imagine. Each and every moment of creation is both a beginning and an end, a birth and a death. What existed the moment before ceases to exist the moment after. And this is the secret of interpreting what we see around us in the 'physical' world, and understanding what is really going on.

What we experience as 'plus' and 'minus', 'positive' and 'negative', 'north pole magnetism' and 'south pole magnetism', 'gravity' and 'anti-gravity' are all actually expressions of a Consciousness. Expressions of Life and death. Expressions of what that Consciousness is and is not. It is the endless cycle of Awareness between being all that there is (Unity), and being less than all that there is (Disunity).

The Unity Force

The final aspect of Unity Theory is the glue that ties it all together. It is the answer to the questions: Why does anything move, do, or experience? Why do we feel compelled to learn and grow? Why do we all feel the need to love and be loved? The answer is the **Unity Force (F)**. The Unity Force is the only force that exists in Unity Theory and in ultimate reality. The Unity Force has one simple movement: It drives all Consciousnesses towards unity with each other.

No matter how small or how distant a Consciousness may appear in comparison to the infinite totality that is the Unity Consciousness, the Unity Force acts the same. All Consciousnesses are attracted to each other and have an innate desire to be ONE with each other. This creates the desire and the will to do anything and everything. It is the power that fills life with activity, love, hope, and purpose. The Unity Force is the force that ensures that nothing is ever alone, nothing can die, and that you, I, and all that there is, has always been, and shall always be, ONE.

Because it permeates everything that there is, there are countless examples in our human existence that demonstrate this force. It is the reason that our bodies grow, why we love new things, and why love just seems to be 'built in'. It is also the reason why new experiences, love, and growing feel so good: We are being reunited with the forgotten parts of ourselves, and experiencing who we truly are. We are becoming ONE again with ourselves.

The Unity Force is exciting because it is not something that happens to us, but rather we have the ability to direct it and use it. And this is the true nature of and secret behind our experiences, the universe, and all that there is. Ultimate reality is not a giant machine that simply turns its gears, and Consciousnesses are not simply bumping around in the dark just reacting to what they crash into, but rather, each Consciousness has the ability to direct creation. Each Consciousness directs the Unity Force by choosing in each and every moment of creation with which other Consciousnesses and Worlds it wants to become ONE with (experience). This continual cycle of growth and re-birth is the heartbeat of all that there is.

For many of us it appears as though life happens to us because we only feel direct control over our body and its movements. For example, when we think about picking up a glass of water, our hand moves across space to pick up the glass and move it to our mouth. In this example we are conscious of our creative abilities. However the other situations in our life and the world we live in are for most people simply something that happens to them. This however is not the true nature of reality.

As described earlier in this document our Consciousness is part of a larger Consciousness, and an even larger Consciousness still. At each level of our being we are making choices to become ONE with all that there is, bringing ourselves in contact with new experiences and new situations. Beyond our conscious ability to control our body, we also send out signals (direct the Unity Force) to bring other things and experiences into our lives. The more we become aware of this ability, the more these choices will become aligned with what we truly want, and the more that we will become aware that we are the creators of our own reality, and our own destiny.

Unity Theory - Summary

Because Unity Theory can provide a very different representation of reality than many people are used to, this section of the document provides a summary of the preceding sections. This summary is presented in the form of a metaphor. The metaphor is about a play - a play called 'Life'. The metaphor will take you through all the important concepts in Unity Theory, and will present them to you in the form of a play. Here is how it begins:

The Stage. - *"The whole world is a stage."*

The base concept in Unity Theory is that every possible thing, experience, choice, or reality exists now. This is an infinite field of possibilities called the **Unity Field (UF)**. There is no separation in this field, no space, and no time. It simply is, and it exists without dimension or location. The Unity Field contains an infinite amount of information about all possibilities and realities.

Like the stage in a theatre, an infinite variety of plays can be performed. The stage provides the place and the opportunity to perform a play.

The Actors. - *"The whole world is a stage, and we are the actors."*

The Unity Field is co-inhabited by an infinite number of individual and unique entities, each known as a **Consciousness**. Each Consciousness has the ability to choose to experience any part of the Unity Field it wishes at any moment. All Consciousness is hierarchical (and thus part of 1 or more Consciousness), all of which are part of a single Consciousness that encompasses all other Consciousness. This is known as the **Unity Consciousness**.

Like the actors in a play, each Consciousness brings its unique qualities to the stage, and can transform itself into an infinite variety of characters, depending on the play. An actor, like a Consciousness, can choose to be whatever character it chooses to be - what best fits the play they choose to be a part of.

The Plays - *"The whole world is a stage, we are the actors, and our lives are the plays."*

Each Consciousness experiences itself and its own reality within a **Life**. A Life is a cycle within which a Consciousness grows and becomes united with an ever larger part of the Unity Field. This cycle of growth enables a Consciousness to experience itself as being a unique part of the Unity Field by coming in contact with other Consciousnesses that are different than itself.

A Life for a Consciousness is no different than a play for an actor. An actor that chooses to be part of a play chooses to take on a unique role, and to explore a unique aspect of his or her own talents. In a play each actor experiences a unique relationship with other characters, and feels what it is to be the character that they act out.

The Scenes - *"Our life is a play, the many worlds we experience are the scenes."*

During the Life of a Consciousness it becomes part of many **Worlds**. Worlds are groups of Consciousnesses that act together for a single purpose. Consciousnesses that share the same World make similar choices in order to create (experience) things that cannot be achieved alone.

Each scene in a play exposes the actor to a particular personality trait of a character. But not only that, each scene allows the actor to experience similar personality traits in different situations. If the character is brave, the actor may perhaps experience this braveness in a personal relationship with another character, or during a sickness, or perhaps in a life

threatening situation. Like a Consciousness that becomes part of a particular World, actors (via their characters) take part in various scenes in a play in order to explore the various aspects of a personality trait, within a single Life.

The Plot - *"Our life is a play, the many worlds we experience are the scenes, and our growth in awareness is the plot."*

Very much like the development of a plot in a play, a Consciousness develops its **Awareness** throughout its Life. Awareness represents which Worlds a Consciousness knows about. Because each World contains a unique part of the Unity Field, Awareness represents all the possibilities, knowledge, and choices that a Consciousness knows about.

In a play, as a plot develops, you learn more and more about the characters, their roles, and their personalities. Regardless of what you knew about the characters at the beginning of the play, it didn't change what the characters were really like and what they were planning to do. Similarly, as your Consciousness expands during your life you become more and more aware of the potential and possibilities of the world in which you live.

The Forces - *"The whole world is a stage, we are the actors, our lives are the plays, and love is the director."*

There is only one force that operates within the Unity Field, and that is the **Unity Force**. The Unity Force is the force that drives all life, all activity, and all purpose in life. All action (and thus the Unity Force) is an expression of but one thing: A return to unity. The Unity Force provides the energy and the impetus for a Consciousness to grow, to experience, and to do anything at all. The Unity Force is the most basic expression of love: The experience of being ONE with something else.

The director in a play is exactly like the Unity Force. The director brings all the disparate parts of a play - the stage, the actors, the scenes, and the plot, all together to form a single harmonious and unified play. Instead of chaos there is rhythm and purpose to the presence of all the elements of a play, all working together for a single purpose. All the parts of the play become ONE.

The Text - *"My dearest: Only I love you like I do because only I can see you the way I do."*

For a Consciousness to describe (and thus experience) its reality it makes use of its **Memory**. The Memory of a Consciousness records all of its interactions with other Consciousnesses. Thus all reality consists of relationships between Consciousnesses. By making use of Memory a Consciousness can navigate its exploration of the Unity Field, and can remember what it is/was like to be part of, and to be separate from, all that there is.

Each play is written down as text on the pages of a book or on the screen of a computer. The text helps the actors to understand, and to learn about their characters. As an actor progresses through the play and the plot and characters develop, the text of the play serves as a reminder of what the character was like and how it developed over time. This is exactly like the purpose of Memory to a Consciousness: To remember who or what we are, and how we are growing.

Unity Theory - The Applications and Potential

What is the application and potential of Unity Theory? By seeing our world for what it really is and becoming aware of our true potential, the applications and the limits are endless.

For many thousands of years humankind has built up a wealth of experience in describing and exploring the world we live in. These experiences are expressed in culture, language, books, stories, and ideas about who and what we all are. The dominant form of belief (and thus also interpretation of our experiences) in the world today is that we as humans are connected to our environment only to the extent that we have contact with it. In other words, once we physically interact with our environment we have an impact on it.

This form of belief can be seen in mainstream science where the goal is to reduce nature to its most basic components, identify how these components behave, and then control or direct these components in order to meet our (human) needs. (E.g. Creating medicines that act on the body, laws that direct economies, or processes that create new materials from basic elements.)

This same form of belief can also be seen in most mainstream religions where God and humans are treated as separate entities, and where humans and God are responsible for controlling and directing their environment by following certain laws or rules. (Rather like the so-called natural laws.)

But how does this picture change if we are in fact all ONE? To start off, the way we describe our interactions with the world around us would change dramatically. For instance: If you were to punish someone, you would in fact be punishing yourself. Or, if you were to help someone, you would in fact be helping yourself. Although being ONE with everything would not be too different from the common belief system ("do unto others...") that many of us aspire to, it would be very different than the common belief system (separation) that is widely practiced.

But there's more - much more. Many of our scientific, academic, political, economic, educational, and social systems are based on belief systems that value some individuals more than others. These belief systems rely on the fact that some individuals are looked up to as leaders, and that for the sake of "the common good" it is acceptable to ignore or demote the needs and wishes of those individuals that aren't as 'valuable'. In a world where we are all ONE how much sense would it make to ignore the wishes of yourself to promote the wishes of your other self?

So in a world where we are all ONE you can imagine that it would not only be a change in the way we describe things, but it would also mean important changes to the way we do things, think things, and be things.

Science - Expanding Our Senses and Possibilities

When you open your eyes in the morning and you look at your ceiling, your bed, or your partner, what is it that you're really seeing? First of all, it's important to realize what you are seeing with: Your eyes. This may seem like an obvious statement, but it's also important to realize that your eyes are like specialized cameras. Human eyes are adapted to particular environments. This means that there are certain colours that we can see, wavelengths that we can see, speeds that we can see, and a certain level of sharpness and brightness that we can see.

It's also important to realize what your eyes can't see. Our world is full of animals, insects, creatures, and even people that can see great distances, in the dark, different light wavelengths, and colours that most of us cannot even imagine.

For thousands of years humans have used their 5 senses to explore, learn about, and analyze the world in which they live: Sight, Hearing, Taste, Touch, and Smell. To this day, the vast majority of humans still rely on these 5 senses to explore and understand their world. We have used these senses to feel, see, taste, hear, and smell our way around our world.

In modern times scientists have tried to extend our senses by creating more sensitive 'eyes' for ourselves. Measurement instruments that can 'see' cells, molecules, atoms, quarks, and even smaller. More recently we've been treated to pictures of our galaxy, millions of galaxies, and even the warm glow of the 'beginning of the universe'. However all of these technologies have one thing in common: They are limited to interpreting electromagnetic signals. This is but a small and narrow aspect of the Unity Field, and not the only part of the Unity Field that we as humans are a part of.

By reinterpreting much of our rich scientific history in a new light, by seeing consciousness not as a product of mechanical processes, but as the creator of our reality, much can be discovered about our world and our universe. Soon we will be able to see the effect that our conscious and subconscious choices have on the reality we experience.

Additionally, Unity Theory tells us that by increasing our Awareness, we also increase our potential to experience new things. Thus we all have the ability to grow beyond our 5 standard senses, and to become aware of new worlds and new things.

Personal - Expanding our Freedom

Making choices is the domain of your consciousness, and it is also the centerpiece of Unity Theory. Because humans are used to thinking in terms of 'right' and 'wrong', and 'good' and 'bad', it is sometimes difficult to comprehend what consciousness and choice would be without these terms. What would be the reason to make a particular choice? Why go left instead of right?

'Right' and 'wrong' are simply products of your memory, and a way for you (your Consciousness) to analyze "Am I doing what I want to be doing?". For thousands of years humans have restricted their choices by not being aware that there is no concept of 'right' or 'wrong' outside of themselves. They have believed that they must follow the choices made by those that can threaten their life or their happiness, or those that know 'more' about life than themselves. But who is another human to say what is 'right' or 'wrong' for you? Only you can say what you want to do, who you want to be, and what makes you feel happy and satisfied with your life.

But fear of another is not the only thing that restricts personal freedom. Fear of death and fear of not having enough are possibly the two most important beliefs that cause people to restrict their own freedom and the freedom of others. By becoming aware of the fact that there is no limit to our personal potential, or that of our own world, the desire to 'take' things from others or to deny ourselves what we most highly desire would disappear.

Government - Personal Democracy

Unity Theory would also have a great impact on politics. Instead of having a political system being dictated by the strongest or largest (a dictator, powerful businesses, the parties voted by the majority of votes, etc.), a government system based on Unity Theory would enable each and every individual to live their life in the way that they choose. A system of government that is aware that no human, animal, or ecosystem is intrinsically more or less valuable than another would not think of imposing its will on another. A system of government that is based on Unity Theory would be one that facilitates rather than mandates.

Much of the failure of today's systems of government all over the world to implement the wishes of its citizens is based on ignoring the fact that each human will always try to fill in their life the way that they desire. If a system is built that goes against this nature, the system will be inefficient, unstable, and eventually will fail. This happens because everyone will be working against the system, either consciously or sub-consciously.

Democracy, although a better alternative than outright dictatorship, has already shown itself (in its current form) to be too concerned with the group of voters and influencers that are most likely to result in the next election victory for a politician, as opposed to truly serving each and every individual in a country in an equal way - as if they were all ONE.

Economics - Getting What You Really Want

The major belief driving today's economics is survival of the fittest. The belief is that if the 'best' product and company survives, then this must be what is good. However this form of economics ignores some very important things. Most important of all is awareness.

Most people that buy products and services are not aware of how these companies create their products, treat their employees, or their own community and environment. This means that even if these companies are doing things that are totally against the principals of the person buying the product, there is a good chance that the person will still buy the product. In other words, the system does not produce the result that the products and companies available are exactly what we want. We will have the companies and the products that the system produces.

In an economic system based on the principals in Unity Theory the system would be designed to ensure that the companies and products that are being offered are exactly what we want, and not just what the businesses want. There would be true equality in terms matching what someone wants to create and sell, and what someone else wants to buy.

Our present system of economics could be easily changed by raising our awareness of how businesses truly operate. This could be done by revolutionizing the level of transparency we require, and by not promoting certain information and hiding others.

Medicine - Non-invasive Medicine

Medicine today is dominated by a 'kill or be killed' approach to 'fighting' disease. Instead of seeing disease as something we want, it is seen as something that has to be eliminated as quickly as possible.

In a theory of medicine based on Unity Theory, you would understand that if you are sick that at some level of your being you want to be sick. Not because you want to suffer, but because you want to bring yourself (your body) back into unity with all that there is. Thus when we are sick it is actually an opportunity to grow, to learn, and to change. Our sickness is trying to help us to become the person we really want to be.

Additionally, we would learn that it is possible to communicate with our sickness, because it is in fact a part of who we are. Non-invasive medicines and treatments could be (and in fact have already been) created to treat (communicate with) sicknesses to help them come back into balance with your body.

By applying Unity Theory to medicine we would realize that we do not need to kill viruses, destroy cancerous cells, or repress harmful behaviours, but rather we would become aware that if the sickness is not what we want that we must be making choices that are not in line with who we truly are. If we are making choices at all levels of our Consciousness that are in line with what we really want, there will be no result that is not what we want.

The challenge sometimes is to become aware of which of our choices are actually not in line with what we really want. It is not a question of not knowing what we want, but rather not knowing that the choices we are making do not truly reflect what we want. For instance we may not be aware that the food we eat is produced by companies that care more about profit than what they put in your food, and that there are chemicals added to our food that are not put in to nourish us but rather to make a product more attractive or addictive.

Businesses - The Efficiency of One

The majority of businesses today are run as hierarchies of command. Like the chiefs and kings of the past, orders are passed down to those lower in the hierarchy and they are expected to follow those commands. If you do not do as you are told, you are threatened with dismissal. In many ways the structure of businesses hasn't even caught up with modern democracy as decisions are not formed by voting or consensus.

In businesses that reflect the principals contained within Unity Theory, people would work together because it is the highest (most truthful) expression of who they are, not because they have to just to survive, 'pay the bills', or because it is what is expected of them. Instead of a hierarchy of orders, a web of equals would be seen for what they truly are: An essential part of the business and the products and services that it produces.

This new approach to business would vastly increase efficiency, reduce sick leave, improve creativity, and make businesses more stable and financially secure. Because the structure of the business would more closely reflect reality (unity), 'workers' would no longer consciously or sub-consciously work against a structure that is not a reflection of who they truly are or what they truly want.

Conclusion - The Future

Like every scientific theory, it isn't possible to prove that something is absolutely true, or absolutely not true. The best we can say is that it 'works' or 'doesn't work'.

Many famous scientific theories have been proven to be 'wrong' (such as Isaac Newton's laws of motion), however they still 'work' with perfect precision in our daily lives. When Isaac Newton described gravity and what happens when things 'bump' into each other, he helped start a revolution that changed the way humans interact with their environment. By providing new insights into how things behave when they come into physical contact with each other, Newton helped us to create new technologies such as electricity and engines. In recent times however quantum physical experiments and theories have demonstrated that Newton's 'laws', although extremely useful, are not empirically accurate. They work, but they are not accurate in describing what happens when very large or very small things 'bump' into each other.

Similarly, it will never be possible to test Unity Theory to determine if it is 'true' or 'not true'. My belief however is that future experiments, observations, and experiences will demonstrate that Unity Theory 'works'. I believe that we will continue to discover that our universe (and beyond) is teeming with conscious life that is aware of itself, remembers the world around itself, and has the ability to actively create its own reality.

There is still much work to be done and this document is but a beginning. Unity Theory must still be translated into a formal scientific theory that can be applied to all forms of science, thought, and activity. Only then can we start to reveal the, what until recently has been, hidden nature of reality. There is a wealth of scientific research that has already begun to show us that we are in fact ONE with each other, and that reality is not the separated and lonely picture that is sometimes presented.

I hope to have the privilege to work with the many brave and brilliant scientists all over the world today that are working on revealing our true nature to the world. These men and women have already taken the most important step in this incredible voyage of discovery and creation: They believe in themselves. They believe in their own truth, their own reality, and their own ability to be part of creating the world in which we all live. And like them, we are all part of the same truth: Life, which we are a part of, is full of infinite possibility.