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The Six Principles of Enlightenment

1. The Principle of Oneness

ALL THAT EXISTS, BOTH PHYSICAL and nonphysical, is part of an inseparable oneness that I will identify as the Universe. The Universe is known by many names, such as the Divine, God, Allah, Brahma the Creator, Jehovah and Mother Nature. The Universe is “all that is,” including nothingness. The Universe appears as infinite individual expressions of consciousness, energy and other matter, similar to the cells within a body. From the perspective of quantum mechanics, the Universe is an infinite quantum field of tiny pieces of energy and matter that convert back and forth. We are all like cells within the Universe, as are plants, animals, air, natural resources and everything down to a subatomic level. Like cells in a body, these expressions grow, create, divide, destroy, die and are reabsorbed into the Universe to create again. Nothing in the Universe is ever lost or gained but merely energy and matter in a constant state of flux. We are all part of one big organism expressing and experiencing itself. Carl Sagan stated it well:

*“The cosmos is within us. We are made of star-stuff.
We are a way for the universe to know itself.”*

The countless facets of the Universe also have varying degrees of personal consciousness and shared consciousness, and this exists in multiple realities that transcend both space and time. Carl Jung called the shared consciousness the *collective unconscious*. Consciousness has many layers, both accessible as well as concealed in the subconscious and unconscious. The shared consciousness and shared unconsciousness are the Universe’s unifying threads in the Principle of Oneness.

The physical matter of the Universe is further unified by the force of gravity. Gravity is the mysterious force that attracts all matter to matter and is the glue that binds the physical universe. Although the effects of gravity are easy to measure and calculate, scientists are still uncertain what gravity actually is. I believe it is simply “like matter” attracted to “like matter,” further supporting the Principle of Oneness. All physical matter is one.

Humans are an infinite, multidimensional being, and we are constantly sending ourselves signs of our interconnectedness. In fact, everything that manifests physically is the product of a conscious or unconscious thought, belief or energy of the Universe and its many facets. This is explained more thoroughly in section 2, the Principle of Manifestation.

Living the Principle of Oneness

Experiencing the Principle of Oneness in its purest form is love. If you love someone or something, you acknowledge and are expressing your oneness with it. Love is simply the recognition of Oneness. The more you love, the more you experience the Principle of Oneness. Actively expand your list of the things you like and love. Find and experience the connection with people, animals, nature, food and drink, sound, color, art, architecture, mountains, seas and silence. When you make these connections, there are actual energy exchanges. For instance, when you connect with your favorite food, you physically and energetically become one by consuming it. When you connect with nature, you absorb its energy by your admiration of its beauty. A positive energy exchange will feel pleasant and invigorating.

On the contrary, the more you dislike or hate, the more you reject the Principle of Oneness and become estranged from the Universe. Dislike and hatred on an emotional level feels unpleasant and uncomfortable because you are in conflict with the natural oneness of the Universe. In these situations you can strive to transcend dislikes and hate, and let them evolve to neutrality, acceptance and eventually love.

Dislike and hatred are actually energy-draining exchanges in which you disconnect from the energy of the Universe and you expend effort by trying to separate from a facet of the Universe. Other negative emotions that signal disconnection from the Universe include annoyance, disgust, shame and embarrassment. A negative energy exchange will feel exhausting.

Donate to and help the Universe and you help yourself. Teach the Universe and you enlighten yourself. Surrender your ego and serve the vastness of the Universe. Often you are helping less enlightened and/or disconnected facets of yourself. Communicate to the Universe every day to see what other facets desire and to ask for what you desire. Think, pray, thank, wish, dream, desire, receive and enjoy and the Universe will respond to you. Give what you want to give and take what you want to take, but always be aware that as part of the Universe you are entitled to anything you want. Thank the Universe for what you receive because some other facet of the Universe has sacrificed itself for your desire. This could be an animal or plant for food or another person sacrificing their time and energy. The ultimate goal in the Principle of Oneness is to see yourself in everything and everything in yourself.

Quotes of Wisdom Illuminating the Principle of Oneness

“A human being is a part of the whole, called by us ‘Universe,’ a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest — a kind of optical delusion of his consciousness. The striving to free oneself from this delusion is the one issue of true religion. Not to nourish the delusion but to try to overcome it is the way to reach the attainable measure of peace of mind.”

— Albert Einstein

“He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”

—Buddha

“Stop acting so small. You are the universe in ecstatic motion.”

— Rumi

“Everything in the universe is within you. Ask all from yourself.”

— Rumi

“You are not a drop in the ocean. You are the entire ocean, in a drop.”

— Rumi

“Even when tied in a thousand knots, the string is still but one.”

— Rumi

“This is a subtle truth: whatever you love, you are.”

— Rumi

“I searched for God and found only myself. I searched for myself and found only God.”

— Sufi proverb

“ ‘Teacher, which commandment in the law is the greatest?’ He said to him, ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.”

— Jesus (Matthew 22:3640 NRSV)