

Life and Sentience

The Existence Trilogy: Book 1

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Dedicated to all Life and Existence Everywhere

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[INTRODUCTION](#)

Hello, and thank you for choosing this book, which is the first of three, looking the events that produced physical life on Earth looking at the motivation for it all, or in other words, how and why it happened.

This book and the one's that follow are not difficult books to understand and they're not scientific; instead they're an overview showing why and how physical life came into existence, formed by Life and Sentience, and how that life developed.

This trilogy of books looks at what made physical life from already existing matter and energy and why, but it didn't create that matter and energy which may be looked at in other books.

Life and Sentience existed independently of physical life before that physical life existed as it was Life and Sentience which brought it into existence.

Life and Sentience give rise to physical life to help advance and fulfill their own purposes, especially humans.

Sentience is more active than Life, able to organise matter and motivate energy bringing physical life into existence, and it actively shapes and develops that physical life going forward in order for its own Sentience to increase.

Physical life is developed by Sentience manipulating and supplying energy to cells which Sentience had formed from available material.

Physical life is ready for mental development once the physical has reached a certain stage of development.

Sentience does this when physical life is ready to advance making humans able to be used.

Life is more passive than Sentience, being the essence of existence, joining with matter when it encounters it.

Life has to be infused into matter, turning it into substance containing meaning for physical life to come into existence.

These books are not written from any point of view or theory, neither is it a philosophy, but from a direct perception of the action of Life and Sentience, mostly in humans.

It is a study, however, which will be presented as clearly and simply as possible, hopefully creating a new understanding.

Billions of years ago after the Earth had formed but before any living thing had appeared on it, the Earth at that time was completely sterile, with just the sun's energy streaming down on it having journeyed millions of miles through space.

At some point in time that energy was used to produce physical life on that sterile ball of rock.

Let's take a closer look,



Richard Clark, Bedford, UK

December 2019.

[Chapter 1 — OUR SUN'S ENERGY](#)

The sun produces energy by burning hydrogen which leads to physical life on Earth, but it also receives Life and Sentience from another universe, the one just before this one.

The previous universe ran its course with its energies spreading out from its suns until the suns of that universe ran out of fuel and it went dark.

The physical laws of that preceding universe were slightly different from this one and the Life and Sentience there adapted over billions of years to function under those laws.

The physical laws of our universe being slightly different meant that, as Life and Sentience passed through into this universe from the previous one, it was unable to have an effect on dense matter here for billions of years until it adapted by absorbing a lot of the Life and Sentience of this universe.

There are two forms of Life and Sentience — the form that came from a previous universe and the form that originated in this universe.

The previous universe to this one is virtually the same as this one with billions of stars and a solar system like ours, except its physical laws were slightly different and that universe has now come to the end of its cycle.

During that cycle much of its Life joined with the Life from the previous universe which had joined with the Life from the previous universe as every universe has a universe that precedes it.

The Life and Sentience being described here isn't the physical life of that universe, but what's left when the physical life passes away and that universe has come to an end.

Then the Life and Sentience from the solar system in the previous universe, passed from that universe through our sun into this universe.

The passing of Life and Sentience ignited our sun through friction, so it started to produce energy releasing Life and Sentience in this universe joining with the sun's energy as it released from hydrogen and dense matter upon contact with it and this Life and Sentience being part of this universe could affect and use energy and dense matter in this universe right from the start to form physical life on Earth.

The Life from the previous universe ignited our sun by passing through it, producing a kind of friction and is the origin of friction in this universe.

Sentience doesn't ignite suns when passing through them as it produces no friction, and the Sentience from our sun in this universe is released from hydrogen as it burns and spreads out through space over vast distances.

The two forms of Life are: Preceding Life from the past universe and Present Life from this one and they will be referred to in that way from now on.

The two forms of Sentience, one from the previous universe and one from this one will be looked at further on.

The Present Life of this universe fuses, or bonds with dense matter upon contact making it malleable and useful to the Sentience of this universe forming a substance it can use to form physical life.

The Present Life of this universe forms when the sun's energy infuses with dense matter such as the Earth.

Present Life needs the conditions to support physical life so Present Life can express itself which only exist, at this time on Earth.

Present Life is not energy, having gone beyond it, and neither is it a force or power, so in this book it's just called Life, either Previous Life from the last universe or Present Life from this one.

Energy is released from hydrogen as it burns in the sun along with all the different electromagnetic energies some of which will later form the content of physical life.

Energy is released from the sun spreading out and upon making contact and fusing with dense matter that matter is transformed from 2D lifeless matter into a 3D substance with meaning and the energy infused in that matter transforms into Present Life.

Chapter 2 — LIFE

Previous Life and the Previous Sentience that comes with it from the preceding universes can't operate here in this universe until they have absorbed a significant amount of the Present Life and Sentience of this universe which takes billions of years have.

The absorbing of Present Life and Sentience is done by passing it through physical life which is one of the reasons physical life exists.

Previous Life spreads out from our sun, which is its point of entry into our universe extending outwards into space covering everything going as far as the sun's energies have travelled since it ignited forming a huge area of Previous Life covering billions of light years.

This covers the Earth concentrating and forming a backdrop to physical life which can only exist within this area of Previous Life which supports and sustains it.

Previous Life concentrates on and around the Earth due to the Earth's matter generating Present Life from the sun's energy which attracts and draws Previous Life to it.

Previous Life has processes within it such as the pressure it's under due to it being forced through into this universe, friction caused as it passes into this universe igniting our sun, concentration due to it being drawn to Present Life and expansion caused by it expanding as more Previous Life passes through into this universe from the last.

The expansion of Previous Life brings into existence speed, time, duration and distance as they can now be measured against the expanding area of Previous Life.

These processes are replicated in the physical life and processes that are within Previous Life with Present Life adding expansion which is common to both forms of life.

So friction, expansion, concentration and pressure become part of existence in this universe forming some of the laws and mechanics by which things work.

All life expands or grows due to the expansion of Present Life within it which is limited as it's under less pressure, so life expands covering the planet and humans are now expanding out into space, but not under the seas as that is not for us.

Over time as Previous Life absorbs the Present Life of this universe physical laws come into effect which allows the processes and functions of physical life to work within it mainly to do with energy and electricity.

It's the Present Sentience of this universe that gives matter and energy physical laws, but those physical laws can only operate within the expanding area of Previous Life that formed when our sun ignited.

Within this area of Previous Life time and duration expands to a mid way point, which is the half way point of the life of our universe taking billions of years and then starts to contract and lengthen stretching out time and duration and forming a point, which at the end of this universe will puncture through to the next universe starting the cycle there.

As said, Previous Life came into this universe under tremendous pressure from the build-up of Previous Life in the last universe which is vast.

It was like the pressure of a garden hose produced by mains water and it's this pressure that moves Previous Life as its not self moving like energy.

This pressure forces Previous Life into this universe through our sun which acts like a bottle neck with the pressure spreading Previous Life over billions of light years as unlike energy it's speed isn't restricted as it's not really part of this universe, but it does give this universe another dimension, the dimension in which physical life can exist.

While physical life lives in the dimension formed which sustains us and allows processes and functions to work it can't be detected by any meter or device so we are oblivious to it.

The forcing of Previous Life through our sun under such great pressure produced a kind of friction which ignited our sun originally and will keep it burning so long as Previous Life is being forced through it.

Sentience from the last universe also came through in the same way within the Previous Life from the last universe and spread with it through this one.

Present Life released from the suns hydrogen burning can work and operate in this universe from the time our sun ignited, but it doesn't spread out over billions of light years like Previous Life as it isn't under the same intense pressure.

It's the pressure Previous Life is under as it enters our universe that governs its spread, it has no built in limit on its speed.

Present Life from our sun, not from a previous universe, moves much slower as it's only under the pressure of our sun collapsing as it burns so it stays largely within our solar system collecting and focusing on Earth where it becomes the transformer of matter.

So Present Life tends to occupy dense matter in the Earth and solar system whereas Previous Life occupies much greater space forming a new dimension that sustains physical life.

When our sun ignited at the beginning of the cycle of this universe, Previous Life and Present Life were separate as they leave the sun, but they will work, one within the other over billions of years on Earth, until by the end of this universe the Present Life of this universe, working within the area formed by Previous Life, will become one.

They will become one by Present Life passing through physical life into Previous Life, which is one of the reasons why the Sentience of this universe, working with the Sentience from the previous universe, brought physical life into existence.

Previous Life just is, passive, accumulating data, energy and Present Life, whereas Previous and Present Sentience are active forming physical life to increase its own Sentience.

It's possible, though very rare up to now, for a human to unify becoming Personal Life and join with Previous Life for eternity.

Previous Life acts as a store containing much of the Present Life and data from the physical life in the last universe it passed through and from billions of other universes before that.

This data isn't solely the life experiences of physical life, but also the details of its construction and how all the different, individual processes, interactions, energies, systems and everything else work together to produce physical life.

It's a data map of existence which can only work and operate within the area formed by Previous Life which acts as a facilitator and it's this data store that enable processes to work in this universe.

This data is also used to assemble physical life.

Previous Life stores all the data gathered from billions of previous universes as a blueprint or guide which is available to the Sentience of whichever universe Previous Life is travelling through, which it uses to assemble physical life so the drawing in of Present Life into Previous Life can continue.

Physical life is, in effect, like a vacuum cleaner drawing up the data of its universe depositing it in the area formed by Previous Life and it's this stored data that's used by the Sentience of this universe to assemble and develop physical life from the matter and energy of this universe.

The Sentience of this universe passes energy from our sun through living things with the energy becoming the life and experience of those living things.

This energy accumulates as data which is streamed, along with Present Life, into Previous Life during the lifetime of living things and on their passing so that physical life can be developed and made more complex in this universe and the next, ongoing.

Present Life can only become part of Previous Life by joining with the flow of energy and data streaming from living things to Previous Life.

The more advanced living things are, the more denser and faster the data stream, and storing the data in the area formed by Previous Life by passing it through living things is the only way that Previous Life can absorb the Present Life and energy of this universe.

The passing out of Present Life and energy during the life of physical existence gives rise to the aging process and physical death.

Previous Life stores the sun's energy from the universe it's flowing through as well as the Present Life of that universe so Previous Life can adapt to that universe enabling its physical laws to work within the Previous Life area it forms and support the physical life within it.

When Previous Life passes through into the next universe at the end of the one it's passing through only the data is retained with the vast amount of sun's energy it has acquired left behind as passing through from one universe to the next strips out the energy.

Sentience aids this accumulation of Present Life and energy by Previous Life, so physical life can be assembled in the universe it's in because Sentience requires physical life to exist to harvest understanding which is how Sentience develops and by joining with that understanding, flows into the Sentience from the previous universe.

So the 3 parts of physical life are Life to allow it to happen, Sentience which makes it happen and energy and matter from which it happens and the point of physical life is for the Life and Sentience of this universe to join with the Life and Sentience from Previous Universes by passing through physical life and to gather data.

As humans develop mentally and become more complex, the human brain develops partially advanced abilities through understanding, which contribute to humans developing further than other mammals which the Sentience of the previous universe will one day absorb into itself along with the Sentience of this universe.

The flow of understanding and the Sentience of this universe into previous life is not part of the aging process which starts from outside the body whereas the aging process involves the streaming of Present Life and energy out from the body.

Physical life was brought into existence by the Sentience of this universe to harvest understanding and gain the advanced mental capacity that can develop from human understanding through which it can join with the Sentience from the previous universe.

Previous Life contains the data for assembling and developing physical life and stores the life experiences and the data map of it that physical life gained during its existence.

Both present and previous Sentience wishes to advance one type of physical life, which in this universe is human life, as far as possible through understanding so humans can stream the Life and Sentience of this universe, but that understanding will only carry humanity so far after which we need access to powers and abilities which will also advance individuals towards Personal Life.

Humans are part of the area Previous Life has formed giving us access to everything within it so when understanding has reached its limit, processes will be set in motion by Sentience enabling humans to access the powers and abilities within the area of Previous Life and the data within it.

In order for this to happen, that is being able to access the powers, abilities and contents of Previous Life the individual would first have used The Therapy to gain energy essence which is needed.

The advanced life in previous universes was sometimes human, other times it wasn't.

Present Life, the one from our sun, is infused into the matter of this universe that this universe's Sentience utilises to assemble all the physical life on Earth.

Sentience accomplishes this by referring to the data map stored in Previous Life which it acquired while travelling through previous universes.

The data map is massive, almost infinite, but not infinite as it can be added to, containing all the data about everything that has ever existed in every universe it has ever travelled through, but it can never lead to something new as it is old data.

As there's so much data and the time available to the Sentience of this universe is limited to the life of the solar system, about 10 billion years, the vast majority of the data isn't used, the goal being to bring physical life into existence, to diversify and develop it as quickly as possible and to push one species — in this universe, humans — as far as it can go.

Previous Life is also almost infinite as it has absorbed much of the Present Life from all the universes it has passed through and doing this has become its purpose — to continually expand through the absorption of the Present Life of each universe it travels through.

This requires the forming of physical life in each universe and that life has to be made complex and advanced by the constant cycling and recycling of energies from simple forms of physical life, when it passes, into more complex forms.

The Present Life of this universe works on two levels: one is as Life infusing matter, the other as energy.

When all the sun's energies of this universe unify, Present Life comes into existence, but this unifying can only be done in dense matter transforming it into life supporting material, not in the sun or in the space that those energies travel through.

Energy leaves the sun given movement by the pressure of the sun collapsing.

That energy hits the dense matter of the Earth, becomes Present Life, or the life of this universe, and continues moving outwards still under pressure by the energy that formed it, but a lot slower as the change from energy to Present Life reduced the pressure so reducing the speed.

Although Present Life is formed by all the suns energies impacting matter, unifying them and forming Present Life, Present Life is more than the energies that make it up and unlike energy its speed can be motionless or infinite depending on the pressure its under and from what.

The speed of Previous Life is almost infinite as the physical laws of this universe have little effect on it until it gains a significant amount of Present Life which takes billions of years.

So when it first enters this universe Previous Life expands very rapidly then the expansion slows down when it gains Present Life to light speed because its adapted enough to this universe to be governed by its laws.

Once this happens Previous Life coming through into this universe will expand into the area already formed but at a slower rate.

Present Life radiating out from the Earth will not be able to enter Previous Life until physical life has formed which will not start for billions of years.

This formed an energy bottleneck in the Earth with energy unable to saturate dense matter anymore overflows into the Earth to be stored there until Present Life starts to move outwards through physical life give space for more energy.

This stored energy in the Earth will, over time, become blended energy.

The Present Life part of unified energy can't be detected in the way its energies can and Present Life is only apparent and perceptible when in physical life.

The energy forming Present Life, which is the sun's energy, can be detected as heat, light and with instruments and is used by the Sentience of this universe to assemble and make work the systems and processes of physical life.

A by-product of our sun burning hydrogen is a unique, undetectable type of essence which, in humans and some animals, is called Sentience.

As Sentience appears in the sun as hydrogen burns, it joins with the energy of light and this joining enables the Sentience of our sun to travel in the same direction and at the same speed that light does.

It needs to do this to travel as it's unable to connect to Previous Life because that's from different universes and is not compatible early in the sun's life and Present Life doesn't come into existence until the sun's energy comes into contact with dense matter, such as the Earth.

When the sun's energy encounters dense matter such as the Earth bringing Present Life into existence, the journey of the sun's energy is over as when it unites in matter to form Present Life.

The energy therefore loses its ability to move.

The ability to move, which works with energy to transport it in a similar way that light transports the Sentience of this universe, separates from the energy it's connected to and stays in the Earth until the Sentience of this universe feeds it into cells to form physical life that's mobile.

The Sentience of this universe links to light which it can connect to in order to travel and disperse throughout space, Earth and surrounding planets and stars.

Previous Life has Sentience travelling within it, gained from its passage through previous universes which stays with Previous Life and moves into what will become humans when we have advanced far enough and it has absorbed enough of the Sentience of this universe to do so thus enabling it to work here.

This started about 200 million years ago.

Once in the physical life that will develop into humans and mammals, it will work to form brains, central nervous systems (CNS) and immune systems and work through them to help advance and develop us mentally.

The Sentience of this universe assembles and advances physical life in this universe and is capable of open-ended development which the Sentience of the last universe inhabits at the right time.

[Chapter 3 — PHYSICAL LIFE](#)

Physical life became possible once enough Present Life had formed in the matter of the Earth, a process which took billions of years.

Some physical life such as bacteria, viruses, fungi, moulds and such was formed to help shape humans later in our development.

Neither Present nor Previous Life at this time can be detected by instruments, but Present Life is the product of our sun's energies which can be detected as those energies originate in this universe.

Previous Life is also the product of the energies from billions of previous suns, the same energy as Present Life, but Previous Life and its Sentience needs many billions of years to become part of this universe, and work under its laws, which comes about through the absorption of Present Life and its associated Sentience.

Absorption happens when the Present Life, its energies and the Sentience of this universe pass through organised matter, that is, an advanced living being of some kind, which on the Earth are humans.

Present Life and its energies will stream out from other forms of physical life during their lifetimes, such as different classes of animals, which means they will go through the aging process, but only understanding and the Sentience of this universe can flow through humans which aren't part of the aging process because of their origins from outside the body.

The Sentience that flows out is the Sentience in matter not the Sentience in the brain, so this flow isn't a cause of dementia.

The more complex and advanced humans are, the more understanding and Sentience flows, so humans are constantly under pressure to advance further and become more complex.

During the life of a human, all that humans Present Life and energy will flow into Previous Life acting like cloud storage, adapting it to this universe and gradually adding to and changing Previous Life allowing it to work more directly in this universe after billions of years.

The same is true of the Sentience of this universe flowing out of humans into the Sentience of the previous universe.

Humans were advanced and made more complex by the Sentience from the previous universe taking up residence in the brain cells and central nervous systems of humans and working through their immune systems to change, diversify and advance them.

The Sentience in the brains of humans and, to a lesser extent, mammals did this mainly by working through a more modern immune system created by the Sentience of this universe which like Present Life inhabits

matter, and used that immune system as a tool to modify, change, advance, and diversify humans and other mammals.

The Sentience of this universe started physical life on Earth and advanced it to be inhabited by the Sentience of Previous Life or Brain Sentience, as it will now be called, when in the brain of that physical life.

The Sentience of this universe will from now on be referred to as Physical Sentience, as it assembles and develops physical life on Earth and inhabits all energy and everything physical.

Sentience when not in the brain will be called Previous Sentience although they are the same thing just in different places – Brain Sentience being in the brain and Previous Sentience being everywhere else.

Both types of Life and their associated Sentience work together to achieve this as it's all about co-operation working towards similar goals, where nothing is forced and acts and becomes the source of human co-operation, respect, manners and politeness and in some other creatures.

With Brain Sentience inhabiting the brain which it has assembled, humans started to progress more rapidly and in more recent times have brilliant ideas, make great leaps of insight and have developed advanced mental abilities such as insight, understanding, reflection, contemplation, consideration, foresight, comprehension and so on.

Such mental abilities are functions of energy, not the brain which merely accesses them, and can be shared with Brain Sentience during a person's life and upon their passing. If a person brings such abilities into existence and constantly uses them, their increase in Brain Sentience, building up its abilities, will be huge.

The flow of data, which is the energy passing from a living being to Previous Life during its lifetime, also includes a steady stream of Present Life and is why physical life grows old and diminishes.

It's because the Present Life within us is constantly flowing out to Previous Life as Present Life doesn't wish to return to being encased in matter as it was in our sun before it ignited and in matter such as the Earth, so the only place it can be truly free is by being absorbed by Previous Life.

Hydrogen isn't material enough for the sun's energy to bond with to bring Present Life into existence.

Matter has to be a lot denser to do that, but there was awareness in Present Life of that state when it came into existence on Earth.

Physical Sentience, which has assembled and advanced physical life and is part of it also, flows out with human understanding, to join with the Sentience of Previous Life.

Both Present Life and Physical Sentience can only join with the Previous Life and Sentience from the previous universe by passing through a physical life it can't be done directly.

Brain Sentience in the brain doesn't flow out as it's already part of the Sentience from the previous universe which has just extended into the brains of humans and some mammals to a lesser degree, and is in the brain to advance humans mentally to acquire as much energy of this universe as possible.

This energy can only be acquired once it has passed through the human brain and transformed, or coded, into a flow of understanding.

The Sentience of Previous Life, becoming able to work in this universe, is also why physical life suddenly exploded in development and diversity during times in our history, notably during the Cambrian Period.

Knowing how to assemble cells and develop life from that point with all their complex physical and energy parts isn't the problem; the problem is waiting for everything to be ready, such as the planet and Brain Sentience being able to work in this universe and for physical life to have advanced to a certain point.

Not all development of physical life is done internally, only about 50%, the other 50% is shaped by the energy of our environment, which is explored later in Events and Challenges and is where understanding originates from.

Brain Sentience takes an active role in developing humans mentally, mostly through the brain and by using the sun's energy surrounding us in the atmosphere.

Previous Life stays away from physical life as its ability to sustain and transform matter into substance with meaning is being done by Present Life.

The action of assembling and advancing physical life, especially humans, and caring for it and its development is the action of a parent raising a child, which is where we get this relationship from.

At this time humans are about equivalent to teenagers ready to become adults, our parents, Physical and Brain Sentience have finished raising us, but are still there to help as we enter the next phase of human

existence.

Chapter 4 — SENTIENCE

As with Life, there are two forms of Sentience.

The Sentience from the previous universe is a more advanced form that came into this universe from the previous one with Previous Life.

It's more advanced than the Sentience of this universe as it has collected all the Sentience it could from previous universes, gaining more abilities acquired from physical life. It's very large, almost infinite from accumulating all the previous Sentience.

This is the Sentience that will one day occupy the brains of humans and to a lesser extent some mammals, and upon that occurrence it will be Brain Sentience, but still part of Previous Sentience.

The Sentience of this universe is something new, being released when our sun ignited and has no advanced abilities early on as they can only be gained through humans.

This new Sentience is released from burning hydrogen when it converts to helium in the sun, releasing energy and Sentience isn't an energy, or any form of energy, but is the ash or residue of hydrogen.

This residue is unique and has unique properties.

It exists in a borderline state between energy and matter and it can connect and inhabit all other matter and energy it makes contact with, and have a relationship with both at the same time.

This Sentience, which will assemble physical life on Earth and is called Physical Sentience here, will form part of the background medium of our part of space and it's through this that the sun's energy passes, connecting to it, giving Physical Sentience control over that energy.

The matter in space including the Earth also connects to this Physical Sentience allowing it to control and manipulate matter, especially on the Earth to form physical life by working through the sun's energy.

It's through these connections that Physical Sentience gains understanding as to the properties and capabilities of matter and energy and is able to work with them and through them.

At first, only the Physical Sentience of this universe can do this as its part of this Universe.

Later, the Brain Sentience from the previous universe will be able to work through the matter and energy of this universe, enabling it to inhabit human brains and the CNS and immune system to advance and develop us mentally and to share and eventually gain those advanced abilities.

Sentience in the brain helps understanding gained by humans to enable mental abilities to develop and life data to be passed on and stored in Previous Life.

The understanding of matter and energy in this universe by Physical Sentience is the first time this understanding has occurred and is what has brought it into existence and humans will eventually gain abilities from this process.

When in physical life, the residue from the burning of hydrogen is Physical Sentience and it comes from the heart of our star where it connects and joins with visible light to travel out from the sun.

Not being energy as such, it doesn't move so it needs to connect to energy to travel and light enables this movement.

The Physical Sentience of this universe is constantly appearing in our sun, as hydrogen converts to helium and is transported into space, and to Earth, as part of a constant stream of energy from the sun.

Physical Sentience assembled matter on Earth to begin all physical life, including humans eventually, and because it inhabits matter along with Present Life everything is its home.

Everything contains Physical Sentience at a very low level even the soil and water of the Earth and it's always connected to Physical Sentience everywhere that the energy from our sun has reached — out into space and connected into the distant past.

Physical Sentience isn't subject to time or distance.

Physical Sentience links to Previous Sentience which is linked to Previous Life.

The link to Previous Sentience isn't enough to merge with it directly, but it is enough to obtain data passed to it from Previous Life and using that data Physical Sentience assembled cells the building blocks of physical life.

Physical Sentience concentrates in the cells it assembles, along with Present Life and its associated energies, and concentrates even more when individual cells become multi-cellular life, and this is one of the reasons why it happens.

As physical life and humans advance and our understanding and comprehension develop, Physical Sentience, Present Life and its energies keep concentrating, moving towards more complex physical life.

Cells concentrating energy act like individual batteries able to store and release energy.

This energy is surplus energy stored in the Earth, itself acting like a giant battery, and is surplus until it moves into and through dense matter to become Present Life transforming that matter as it passes through it.

The constant flow of the surplus energy of the Earth into cells concentrates it further, making it very dense.

Concentration is another ability humans have acquired from this process, as the brain cells that carry out this mental skill are concentrating energy.

Physical Sentience assembled cells leading to physical life using the energies and matter available to it.

Once assembled, Physical Sentience shaped and developed that physical life creating both fixed and mobile life by manipulating the concentration and processes of Present Life and its energies and itself within cells.

What will become mobile physical life will receive the movement that separated from energy when it made contact with matter, which also gets fed into cells and this movement will give motion to everything that in the future will move in physical life – blood, electricity, energy, chemical interaction and the physical life itself, everything, all under the control of Physical Sentience.

Present Life fills physical life along with the sun's energy, but only the physical life that will develop into humans receive light energy and the colours that make it up through the cells.

The energy of colours shape personal life and add their content within humans, but it's Physical Sentience that comprehends the properties of energies and substances and which ones would work effectively together in cells.

Humans receive this so we can form personalities and are individual and have the talents, skills and abilities that other forms of physical life are unable to achieve, in order for humans to develop further, but the first person singular is only temporary, fading as we gain understanding.

Cells need to interact to function and that interaction is produced by the energy controlling them and the movement within them.

Physical Sentience in cells filters and mixes energies and adds movement to start chemical interaction.

Physical Sentience can access information from micro and radio waves.

Physical Sentience permeates all existence both energetic and physical existence.

Physical Sentience brought physical life into existence and advanced it, so it deals with the physical, assembling the brain, CNS and immune system and everything else physical.

It's Brain Sentience residing in the back part of the brain in humans and to a lesser extent in animals, which helps develop the mental functions of that brain which it harvests during and after the end of physical life.

Physical Sentience advanced physical life to a certain point during the Cambrian Period of Earth's history, when it became possible for Brain Sentience to advance and diversify physical life significantly, mostly in mammals and then humans.

Blocks have been placed in human brains by Brain Sentience stopping us from seeing the truth of the origin of physical life so our early development wasn't held back.

These blocks can be due to illness.

Once human understanding reaches a certain level and we are ready for the next phase of our development, which is starting to happen now, those blocks not caused by illness will be removed by Brain Sentience allowing for huge leaps in understanding about everything, especially energy.

[Chapter 5 — ENERGY](#)

The ability of Physical Sentience to connect to energy and matter and work through them, in advanced life forms when they appear such as humans, allows Physical Sentience to manipulate them both.

Everything, matter or energy that joins with Physical Sentience and later Brain Sentience becomes Sentient itself, the degree depends on the amount of compatibility and concentration of Sentience.

As the sun's energy passes through space, Physical Sentience within it comes into contact with empty space, filling it, forming a connection and gaining comprehension of it on a physical level.

This process is continuous, so as energy streams from the sun, Physical Sentience within it is constantly connecting with space forming a permanent connection so long as the sun's energy continues streaming as the streaming forms the connection.

The continual transmission of Physical Sentience by our sun builds up the concentration of Physical Sentience in this part of space over time, enabling Physical Sentience to have greater control over matter and energy.

On Earth billions of years later, within humankind, Physical Sentience connected human brains to the expanding energy from our sun in space through itself, thus giving humans a place for consciousness to exist and operate.

Each individual's consciousness, that is the personal self and everything that self has acquired and has access to, exists and is stored and operates in the energy of that space, a type of cloud storage. Therefore, every time you look out into the world you're doing it from the part of space your consciousness exists in.

The brain is physical so it needs a physical space to expand into. But space is vast, vast enough to store billions of consciousness there and there's no time or distance when connected through Physical Sentience so there is no time lag.

This "energy-filled space" is also used by micro and radio waves to store the data that has been gathered regarding the matter of this universe which Physical Sentience can also access and comprehend as well as humans, to a lesser degree.

This arrangement occurred so that humans could have a personal place for us, to help development of the individual and humanity in general, and to give our brains a limited access to the nature of matter and energy.

The energy content of space will also begin processes in human consciousness billions of years later, and this will be limited to humans as Brain Sentience wants only one species to progress at this time with other species contributing, but only so far.

Through contact and extension through matter and energy, Physical Sentience acquires comprehension of both.

6 — THE PURPOSE OF SENTIENCE

The main objectives are:

- The Physical Sentience of this universe wants to join with the Previous/Brain Sentience of the previous universe which can only be done as part of a transfer of understanding.
- The Previous/Brain Sentience from the previous universe wants to increase itself by acquiring the Physical Sentience of the universe it's in, again needing a flow of understanding to do this.
- They both wish to harvest abilities developed through human understanding, abilities such as perception, concentration, comprehension, reflection, insight, foresight and also contemplation, but they can't generate understanding itself, only the human brain can do that.

Previous/Brain Sentience acquiring these mental abilities from one human wouldn't amount to much of an increase, but multiply that by billions of humans over the life of the Earth and then billions of universes and the result is a Sentience beyond human comprehension and is a main objective for both types of Sentience.

Acquiring new abilities however, has become secondary to Brain Sentience as most new abilities have already been acquired from its journeying through billions of previous universes and it would be surprising if this current version of humanity produced anything new in that direction.

The main objective of Brain Sentience in this universe and future universes is to work with the Physical Sentience of the universe it's in to advance humanity so far that individuals bring into existence what might be called Personal Life, something Previous Life and Brain Sentience have encountered before, but very rarely, and it's Personal Life that can bring something totally new into existence.

Brain Sentience knows what mental abilities have been possible up to now, due to it having travelled through previous universes, but advanced physical life, not always human, can occasionally and suddenly bring Personal Life into existence.

Bringing Personal Life into existence has become the main purpose of Brain and Physical Sentience as Personal Life can have abilities and control and use of energy that nothing else can, unlocking an unexplored part of existence and driving everything else with it.

To make a breakthrough regarding Personal Life, only one species is advanced at a time.

In this universe it was humans who were chosen to be advanced, basically because it was our turn as others had failed.

Other species here, such as primates in this universe, were advanced so far and held in reserve in case humans didn't work out, or we annihilated ourselves somehow.

Primates are the peak of physical life on the Earth after humans as they contain the strongest concentration of Brain Sentience after us.

All other forms of physical life "cycles" through all the different species gradually moving through the levels, developing each one, until the final cycle into primates and only the energy of primates, especially chimps, can cycle into humans after they have passed away.

It should be noted that physical life only consists of Present Life and its associated energies and Brain and Physical Sentience contain nothing else, but that has been hidden from us in order for us to progress, until the right time when knowing what we are doesn't hold us back.

Physical Sentience, that is, the Sentience of this universe, is called that because it mainly works with the physical – initiated by the sun, joined with matter and organised matter on Earth into physical life.

Physical Sentience in the Earth uses the sun's surplus energy, also in the Earth, which has blended together due to the volatile actions and upheaval of the Earth.

Physical Sentience then uses that matter and blended energy to construct cells and from there, develops physical life.

This is done in the background of existence, so that humans won't notice it as we have little or no perception of the action of energy.

Blended energy in the Earth isn't really energy any more as it's lost its motion, but retaining potential.

Brain Sentience from previous universes takes up residence in the brain and central nervous system of advanced physical life, mostly humans, when that life is ready and when Brain Sentience is able using the sun's energy directly not via the matter of the Earth.

The sun's energy used directly, along with the energy of light passed into cells, also helps form our individuality, character, personality and separation from others giving rise to the idea of a personal self.

The brain then forms an identity and draws energy characteristics into it to form the idea of a person which grows over time.

This process drives human development and by thinking we are free and separate, this helps us to find new things and make discoveries, but we are getting to a point in our development where it's no longer required and will dissolve when all the energies within us unite making it possible for Personal Life to come into existence.

The energy which will form Present Life, mostly on Earth, was released from our sun when it ignited caused by the friction of a continuous flow of Previous Life passing through it from a solar system in a preceding universe.

Previous Life releases the sun's energy and Physical Sentience uses it which is something passed on to humans as we release energy in ourselves and use it in our environment.

Our sun will stay lit so long as Previous Life is streaming through it.

The igniting of a sun doesn't create Present Life; it just unlocks the energy that becomes it when it encounters and bonds with dense matter.

Locked within hydrogen, the energy is inert and once released, the energy can only form Present Life when it comes into contact with dense matter.

Once Previous Life moved through many universes, its presence igniting suns through friction, but doing nothing more, such as assembling physical life.

This was because only Physical Sentience can do that and without physical life being present Previous Life was unable to absorb the Present Life of each universe it was in.

However, after passing through billions of universes Previous Life had connected, not joined, with the Sentience released from each sun it ignited.

And it was this Sentience, wanting to increase itself, that brought physical life into existence.

Sentience perceived that if the energy of a universe, made complex by passing through the matter forming living beings advanced mental abilities and understanding could be produced, which it could then absorb into itself, enabling that Sentience to grow increasing its abilities.

The understanding obtained from advanced, complex brains was the key and that is one reason why those beings with brains, capable of the understanding required, were brought into existence and why humans strive to gain understanding of everything.

Personal Life appeared when all the energies in an individual unified then making a leap from human to join with Previous Life and uniting with other Personal Lives within Previous.

Personal Life joining together formed Unified Life having the many powers and abilities residing within Previous Life through having access to Sentience, Life and everything contained within them.

As each universe gives rise to individual Personal Lives they join with the already existing Unified Life within Previous Life.

Without Previous Sentience being part of Previous Life nothing would happen, physical life wouldn't appear and it's this Sentience that moved into human brains about 200 to 300 million years ago, becoming Brain Sentience.

The first step for the Sentience that would become Brain Sentience in humans, was to create a means by which the suns energy could be made more complex, as the more complex the energy, which is understanding, the more the perception, foresight, insight, comprehension, contemplation, reflection, concentration and other abilities would appear which Brain Sentience could use to move humans towards Personal Life.

These mental abilities are a product of complex energy being processed by the brain allowing Brain Sentience to use and absorb them.

Thought, memory, knowledge, intellect, reason, logic, deduction and so on are all technical and a product of the brain using mechanical, static energy and it's *thought* that drives of all this and where the personal self exists.

Brain Sentience acquiring abilities was reduced in humans to a desire for knowledge as so much of what we are and do comes from Sentience, Life and the interaction between them, but understanding is the important thing here.

Understanding isn't the accumulation of knowledge, but understanding can filter down into knowledge if needed.

Brain Sentience perceived that energy from a sun transformed when it encountered matter bringing the Present Life of that system into existence, transforming matter into substance with meaning, but at a very low level.

On Earth this would be the Present Life in the material, soil and water, but not the air, supporting everything that grows and lives in and on it.

Air absorbs energy directly from the sun bypassing matter allowing it to be delivered, unchanged, into living things that breathe.

Breathing allows Present Life and unchanged energy to be drawn into the body where it can enter systems and processes closer to physical existence.

The sun's surplus energy received by the Earth has built up in the Earth like a reservoir over billions of years waiting to be processed by matter into Present Life.

During that time it has blended together through the volatile action of earthquakes, volcanic eruptions, meteor impacts, continent drift and other powerful forces.

When energy leaves the sun it's moving, but upon encountering and joining with matter that ability to move is lost and the energy stays with that matter, unable to move on until it forms Present Life.

The structure formed with energy in the Earth forming Present Life is the same shape of plants and trees and they were patterned on this.

Energy in the Earth, or roots, pushes upwards producing Present Life, or leaves, branches and fruit.

The sun's energy in the Earth builds up into a beautiful golden colour and that is part of the reason why we value the metal gold.

It's this energy, blended by the Earth's convulsions, that Physical Sentience draws on to form cells and develop physical life.

It does this by feeding blended energy, adding motion to move the blended energy and to give mobility to mobile life and Physical Sentience and Present Life into those early cells.

This blended energy still works like energy but differently, being less detectable in the Earth because it isn't moving.

The buildup of the sun's energy in the Earth gives that energy a home.

After billions of years enough energy has been received and stored to turn the Earth into a sun (receiver) whereas our sun is a giver.

The sun's energy changing is a form of maturity and adds to the human experience of humankind aging from youth to maturity, mirroring the sun's energy reaching Earth and maturing.

Brain Sentience, working in all the billions of universes it passed through, worked with the Physical Sentience of that universe to make matter and energy more complex.

Gradually simple, single cell, physical life developed which was localised, concentrating Physical Sentience, Present Life and blended energy.

This process went on over billions of universes with Brain Sentience gradually working out each step in developing physical life.

Brain Sentience found that when it entered a new universe it was unable to operate as it had adapted to the rules and laws of the last universe it was in.

Therefore, right from the start of the development of physical life, it enlisted the help of the Physical Sentience, which was part of the universe it was in, to assemble physical life working from the data Brain Sentience had accumulated from previous universes stored in Previous Life.

Previous Life acts like cloud storage and while at first Brain Sentience couldn't work in the universe it was part of it could link to the Physical Sentience of that universe to pass on data.

Early on, it was found that when data flowed internally from physical life to be stored in Previous Life, the Present Life within it flowed out as well which was what Previous Life wanted, to absorb Life wherever it was found.

However, at that time, the physical life was very simple microorganisms therefore only tiny amounts of Present Life were being transferred.

Also, the Sentience of Previous Life gained nothing from this as complex energy didn't flow from microorganisms and neither did Physical Sentience, so the process of making physical life more complex continued, to find out if Physical Sentience would transfer out.

When a dead end was reached in the development of physical life in one universe and fundamental changes needed to be applied, usually in the cells, then the process of developing physical life would simply stop in that universe and start again in the next universe, with the required changes put in place earlier on.

This would be one advantage of having endless universes and time to work with.

Cells were modified so they didn't merely accumulate energies from the blended energy in the Earth and the Present Life it forms and Physical Sentience.

This modification made cells into lenses allowing cells to focus, concentrate, condense and increase the energies allowing physical life to become more complex and to gain more meaning.

Meaning is imparted into matter a byproduct of energy transforming into Present Life.

The more it's concentrated the more that matter affects surrounding matter and the energy it contains.

The concentration of meaning in the cells only gets strong enough to have an impact when cells divide to eventually become multi-cellular forms of physical life.

The more cells, the more meaning and impact.

Meaning can be strong in mammals, but humans can support meaning by becoming aware of it and maintaining it, something animals are not able to do.

A chimp, for instance, has enough meaning in its cells to have an impact on existence, but not enough to have an impact on humans on the energy level.

Having less meaning gives humans the idea that other creatures are less than us which opens the door to exploitation, an unfortunate consequence of this lack of understanding.

Meaning can be supported and maintained through an awareness of it, which starts from an understanding of it.

This is another example of a spin-off from understanding.

By making meaning strong enough it will have an impact on other humans helping them understand of energy of their existence.

Such an impact will shatter their energy, but when it reforms it will be in a different configuration and more meaningful, which will help human development and give that person a chance to gain understanding and from that making it something Brain Sentience can utilize in humans.

This is one of the reasons why Physical Sentience made cells able to divide to form multi-cellular physical life which is capable of more complexity.

After much experimenting, physical life became complex enough for larger amounts of Present Life, and the life data of physical life to transfer into Previous Life, but not complex enough for Physical Sentience to transfer or for advanced mental abilities to develop, both of which need a flow of understanding to happen.

So the development process continued, getting to the point where physical life was capable of *experiencing*, but not developed enough to understand those experiences.

The understanding of experience was found following much experimenting through many universes, to be capable of developing abilities and Physical Sentience transferred with understanding into Brain Sentience, along with the advanced mental abilities, merging in the brain.

The more complex and advanced the living being, the more powerful the experiences and understanding, the greater the development of abilities and transfer of Physical Sentience.

Therefore, the drive to develop continued.

Another progression was that the Brain Sentience of Previous Life found that inhabiting the brain of physical life (when it was able to and at the right time in that physical life's development) enabled it to speed up the development of that physical life's brain and mental functions.

Go very quiet and watch yourself and you'll be able to perceive Brain Sentience in the background of the brain.

For understanding to flow, the experience or perception humans have must be true, because understanding doesn't flow from something false which only leads to confusion and bewilderment.

For example: does physical life appear through some kind of divine intervention or is it all an evolutionary accident?

These are the two main theories.

The test is: does understanding flow from such starting points and can they be perceived?

If the starting point is correct, understanding will flow going from point to point.

The mind will clear and blocks in the brain will dissolve which have been acting like blind spots due to false views about how existence came to be and then develop.

Blocks have also been placed in the brain by Brain Sentience hiding human origin and development, in order to gauge our level of understanding as these blocks will also vanish when the truth is perceived as it means the individual is ready to advance.

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