

The Ocean View :: Dark Matter and Dark Energy

The Ocean view is that **we are each other, and reality is between us**. Before we engage in a new view, we need to better understand our current views. We need to talk about it, so we need to label it, and of course the label will not work for everyone, because there is a wide spectrum of views, as each person has a personal preference. But if we look at the past 500 years and try to characterize the growing consensus, we might call it “The Scientific View.”

If we look back further into time 1000 to 500 years ago, we might call that “The Religious View.” The Religious View was a belief in how the world worked, and it came in various flavors, Christian, Muslim, Hindu, Taoism, Judaism, Buddhism, Shinto, and many others.

Of course these labels of the past thousand years are generalizations, we can each find personal examples that do not fit this as “either or view,” but share both science and religion. When science and religion are fully merged, I call that the Ocean View. We will soon enter into it, but first we need to better understand what is going on in this word “Views.”

Views

It can be very painful to have a view that can't be shared. Our very survival depends upon cooperation with others, so in the past million years we have been programmed to get along with others if at all possible. We keep “Views” that allow survival. If we are brave we can test our view, and slowly over time change it. The more inclusive our view becomes the more we can take in and the more we can optimize life's energy. If we are careful, attentive, we learn to speak about our view in such a way as to influence others and not get killed. People will kill you if you say something they don't like.

The emergence of Tools

The scientific view co-emerged with the invention of tools. The wheel led to gears that would mesh with other gears and those mechanical machines allowed living to be more optimized. Mechanical understanding started the new view that intelligence was precious. We learn to test reality and come to our own conclusions. If individual intelligence is culturally recognized and taken seriously then scientific progress is the result.

Two tools that accelerated scientific views were the microscope and telescope. They allowed reality to be seen and tested in new ways. The power of science was magnified because we could show others how we came into our scientific view. They, that other person, could look through polished glass, to better understand and better comprehend the new scientific view that was being presented. Because people change views by looking through a microscope, the power of science is magnified. People become converts to science. Science is able to cure

some diseases, break matter down to different atomic weights atoms, to eventually make transistors, which open the door to computers and even better more complete mathematics. Science slowly grew into the dominance we see today.

One way to look at science is to worship its leaders like Newton. Newton discovered calculus, but what makes science great is that if we follow steps that Newton used and we can do our own calculus. It isn't much good if only Newton could do it, but we can go to school, take the required prerequisites, get plenty of sleep, do all our homework assignments, we become great at calculus and differential equations. This "greatness" of science isn't the greatness of Newton, but that we all had a hidden Newton inside of us. This equivalence is the shining light of science. We learn science, as we are teachable, as we are then empowered.

But science has run into a road block, a bridge too far that science can't yet explain. We use NASA's website to tell us they don't yet understand Dark Matter or Dark Energy. To solve this problem we will need to re-examine identity and then the identity of our reality. To achieve this transformation we use a new tool (the dyad).

The current Scientific Problem - From the NASA website:

"In the early 1990s, one thing was fairly certain about the expansion of the universe. It might have enough energy density to stop its expansion and re-collapse, it might have so little energy density that it would never stop expanding, but gravity was certain to slow the expansion as time went on. Granted, the slowing had not been observed, but, theoretically, the universe had to slow. The universe is full of matter and the attractive force of gravity pulls all matter together. Then came 1998 and the Hubble Space Telescope (HST) observations of very distant supernovae that showed that, a long time ago, the universe was actually expanding more slowly than it is today. So the expansion of the universe has not been slowing due to gravity, as everyone thought, it has been accelerating. No one expected this; no one knew how to explain it. But something was causing it."

"Eventually theorists came up with three sorts of explanations. Maybe it was a result of a long-discarded version of Einstein's theory of gravity, one that contained what was called a "cosmological constant." Maybe there was some strange kind of energy-fluid that filled space. Maybe there is something wrong with Einstein's theory of gravity and a new theory could include some kind of field that creates this cosmic acceleration. Theorists still don't know what the correct explanation is, but they have given the solution a name. It is called dark energy."

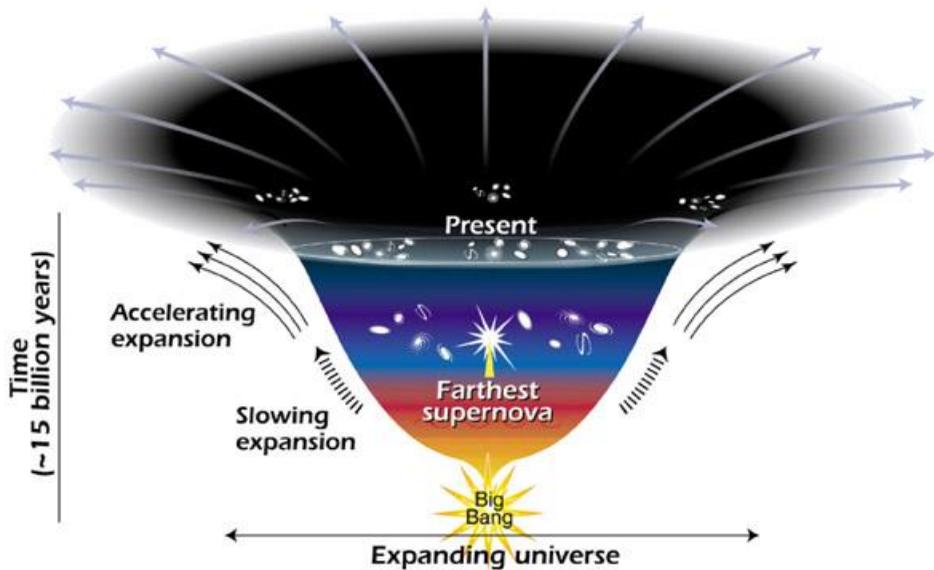
What Is Dark Energy?

"More is unknown than is known. We know how much dark energy there is because we know how it affects the universe's expansion. Other than that, it is a complete mystery. But it is an important mystery. It turns out that roughly 68% of the universe is dark energy. Dark matter makes up about 27%. The rest - everything on Earth,

everything ever observed with all of our instruments, all normal matter - adds up to less than 5% of the universe. Come to think of it, maybe it shouldn't be called "normal" matter at all, since it is such a small fraction of the universe."

From the NASA website's own words, it might be time to re-examine our identity. If "normal" has lost its meaning, "who" we are, so that we can open up our attention and let it better fit the reality we find ourselves in. As we dig into physical reality, we might need to change perspectives. To make progress we need to better understand the chicken and egg dilemma. Which will come first, isn't a good perspective if they both arise together. Likewise, did we come out of the physical universe or did it come out of us? Perhaps they arise together, within an underlying unity.

The next diagram, also from the NASA website, shows how over 15 billion years they think the universe has changed. They make this observation by using telescopes to look back in time to the time near the big bang. They also use mathematics to explore gravity and size.



This diagram reveals changes in the rate of expansion since the universe's birth 15 billion years ago. The more shallow the curve, the faster the rate of expansion. The curve changes noticeably about 7.5 billion years ago, when objects in the universe began flying apart at a faster rate. Astronomers theorize that the faster expansion rate is due to a mysterious, dark force that is pushing galaxies apart.

What Is Dark Matter?

"By fitting a theoretical model of the composition of the universe to the combined set of cosmological observations, scientists have come up with the composition that we

described above, ~68% dark energy, ~27% dark matter, ~5% normal matter. What is dark matter?"

"We are much more certain what dark matter is not than we are what it is. First, it is dark, meaning that it is not in the form of stars and planets that we see. Observations show that there is far too little visible matter in the universe to make up the 27% required by the observations. Second, it is not in the form of dark clouds of normal matter, matter made up of particles called baryons. We know this because we would be able to detect baryonic clouds by their absorption of radiation passing through them. Third, dark matter is not antimatter, because we do not see the unique gamma rays that are produced when antimatter annihilates with matter. Finally, we can rule out large galaxy-sized black holes on the basis of how many gravitational lenses we see. High concentrations of matter bend light passing near them from objects further away, but we do not see enough lensing events to suggest that such objects to make up the required 25% dark matter contribution." (This is ends NASA website quotes.)

We will need something new to understand Matter and Dark Energy.

The Ocean View is a *radical change* from what we might be used to. In ocean we cannot hide any more. We are exposed a lot more than we have expected to be. Fortunately, everyone and everything we know comes with us, they too will be completely exposed. The first shock of the Ocean view eventually pass as something new, to the way it has always been. Nothing new here, just reality with a lot more exposure, which now might feel "new."

To enter more into the Ocean View we will need to detect and discern four subtle changes in awareness. Four new discernments (D) are needed; they may seem strange but when all put together they each make the ocean view easier to see.

D1: Reductive vs. Inductive Identify - Our "identity" is built over time to reflect experiences.

We believe our identity and we try to act to improve it. We constantly try to please others, impress them, or make changes to others that we think are good. Fortunately, this reductive process can be turned around, as we learn to grow into a bigger more inclusive identity. We relax. Experience is used to validate this expansion, as we check out life. There are no limits to this learning process. We learn to discern our cause in our experience. In this way we can slowly learn our identity is in fact open ended.

D2: How Compassion Works - Compassion is the main way we expand our understanding of reality. We open our reality by feeling into the reality of others. It can't be fully done with mental concepts. In compassion we don't change others, we always just change ourselves. This is a skill ego isn't naturally good at; it has to be done without mental protection. We stop blaming others. It is a connection with others taken in as an equal. Compassion allows deeper embodiment which then allows all separations to end.

D3: Thinking vs. Feeling: We are addicted to thinking rather than feeling. When we operate

without feelings, we think thoughts to become more isolated and detached. We feel protected by thinking, less exposed. Eventually we come to love our privacy, floating in our thoughts; it then becomes seemingly fully justified. But by avoiding feelings we are rejecting life as it is. We back out of life to think a thought about life. We disconnect from life to mentally simulate “what is going on.” We judge life into thoughts, then we believe our thoughts. But to do that we must enter into privacy. It makes our mental knowledge disconnected from life’s flow.

Every story hides a feeling. We are taught to think by parents or people who are around us when we are in our first few years. Thinking habit energy is a pattern across individual consciousnesses. It feels meaningful but it is only false wisdom. We reject our feelings to build a reality we believe in with thinking. But there is difficulty in pure mental understanding. It has peer review, the logical study of truth (Epistemology), and checking with others. We are never sure, so we become trapped in group think. Thinking gets built into stories. Stories get told from generation to generation and become a large driving force in our decisions. To find the Ocean we need to unhide our feelings. Feelings are more difficult to pass to others, as they require compassion. To be real, compassion requires life experiences, so we must grow. There is no easy way to teach compassion. We need to value feelings as valid paths into direct experience.

D4: Awareness vs. Consciousness. They aren’t the same. Consciousness is another layer built up from awareness. When awareness is reflected back into awareness, it becomes conscious. It seems to be a deeper level of awareness. Consciousness can be many layers deep, and more of reality is included, it starts to sparkle with clarity.

To start to see how consciousness is different. Notice the way alcohol works, while it doesn’t prevent awareness, it does impair consciousness. If people drink too much, they can’t remember what they did. But they were aware all the time, but later they can’t remember being aware. We therefore value consciousness, as it can stand the test of time. Time takes consciousness, tests it to become wisdom. Wisdom has value.

Awareness is everywhere the same, but when awareness is reflected back it can then become conscious. This inner discernment is a requirement for true understanding, and a tool for reaching past mental concepts. The ultimate understanding which dynamically includes everything is called direct experience.

We are getting closer, but there are still ten mental blocks preventing a view of reality that make sense of data science has already collected. Past these, I call it “The Ocean View.” Once there, everything makes sense, it becomes obvious. But a mental block can’t be intellectually crossed; it requires a life experience that is holistically taken. We must reach a place inside of us that we can challenge our understanding. Understanding is often learned from others and built from consensus or opposition to consensus. Fortunately, we have power to make our own way, our own life, no matter what others think or believe.

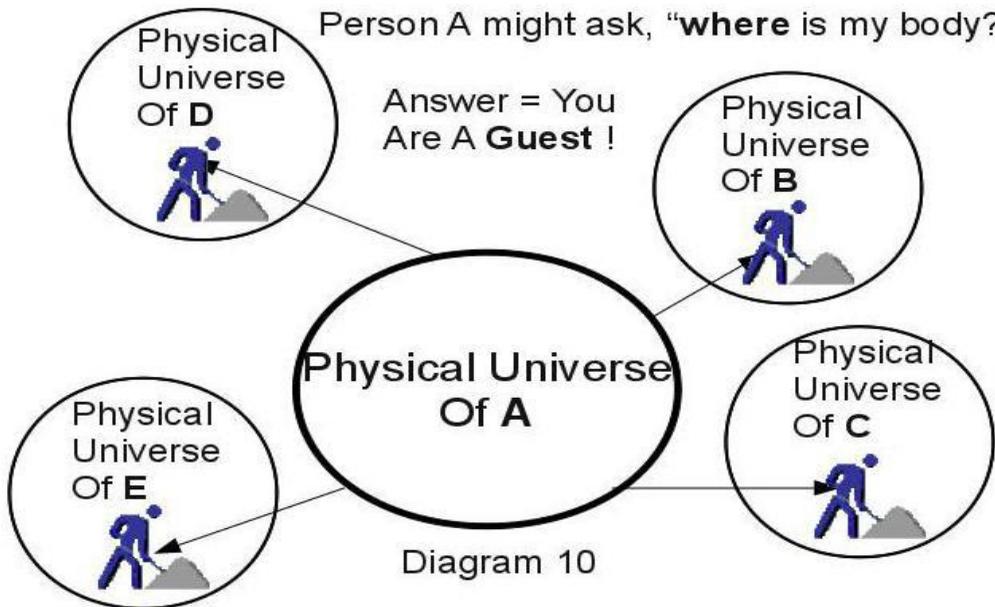
Road blocks to the Ocean View from a Thinking Perspective

The Ocean view is radically simple, (we are all each other) yet people will find many mental barriers preventing them from being in the Ocean. They hide in privacy, attached to ego, and habitually think thoughts that create their ongoing experience. By naming the ocean barriers, we are available to work on them, and the Ocean view can be approached with surrender.

1. **Mental Perfection:** Perfection that comes from the mental universe, tricks us into rejecting reality because it isn't as perfect as our private mental concepts. Impatient we sit at reality and judge it into mental concepts, to keep us comfortably separate.
2. **We don't see ourselves as unbounded:** Rather, instead, we accept what others are thinking about us. These **external judgments** are all considered "Reality."
3. **Fear** is a big part keeping understanding fixed, not able to change or learn. We aren't able to open up if caught up in fear. We have a past full of old judgments that we see reality through. To challenge our fear we will need to learn more from the present moment than from our past experiences. We need to wake up.
4. **Karma:** Understanding Karma informs us of our limited ability to cheat, lie, or deceive reality. Karma is called law because it operates in life beyond our mental ability. We don't choose to have or not have Karma, if we think, it operates. Karma is the base we think from. With karma, effects of deeds actively create past, present, and future experiences; thus making one responsible for one's own life, and all pain or joy it brings to him or her. At a deeper level, beyond what we can think, or what we react to, we can only "relate" to ourselves. Blame is ineffective in life, because it makes us feel free while we carry a grudge.
5. **Self Identity**, as a mental concept. If a person has a big ego, they tend to listen and speak only from ego. The bigger the ego the less they can admit their faults.
6. **Ego:** Ego has two forms, "Me" and "You". If we learn to get over "me" we often just get stuck in "you." Both are illusions.
7. **Self hate:** If we have self hate, religion or other forms of worship will just keep us from waking up. Will is going wrong. Feeling self hate makes us blame everything on others. This ignorance is the lost cause of isolation. Better is to allow this inner grief, this fire of truth, to come in, wash over us and set us free. Forgive ourselves so we can love others. There is only one love, not two. There is no "you" and there is no "other" there is only the unnamable "Everything."
8. **Truth:** We settle for conditioned truth, the one that everyone else agrees to, as we reject our own experience.
9. **Body:** Our association with a body makes us often believe we are in a body and nothing else is possible. A wall of grief keeps our privacy seeming real.
10. **Time:** As a human body, we think we had a start and will have an end. But there are other possibilities, and we might need to recognize that as a possibility.

You can be a scientist, do good science, without understanding at a gut level any of these ten mental blocks. The truth must be a felt experience and not just an idea in our head. As we dig into physical reality, we might need to change our perspectives. To make progress we need to better understand the chicken and egg dilemma. Which will come first, isn't the best of perspectives if they both arise together. Likewise, did we come out of the physical universe or did it come out of us? Perhaps they arise together, within an underlying unity.

Our body is a source of confusion. To know where "outside is" we first need to know where our body actually "is." To help us understand we might also know how modern physics gives everything with a location as being in "a probability." External reality is at best a probability of being at any one location. Here is the ocean view of where your body is "located."



Each person who has a view of the world has their own personal copy. If you are person A, your body only exists **by judgments of others**. They (B,C,E, and all others) don't see you as spiritual, but only as a physical thing, a body. The Ocean view allows everyone to be in their own little universe, by their privacy our body exists to them in a small and limited way. They can be spiritual, and infinite, but you can't. The Ocean view allows each person to choose their reality for them, and to make it seemly true. They are allowed to be narrow minded.

To move your arm is a long process. It requires a contraption called "a brain" located in another's physical universe, and it "works by induced electricity." A level of indirection is involved. You shift all the particles in your physical universe a tiny fraction of a micrometer in a patterned way, and that motion induces an electric discharge in the remote brain. (Induces; you essentially shift particles using hidden help from others, your friends.) Brain amplifies the

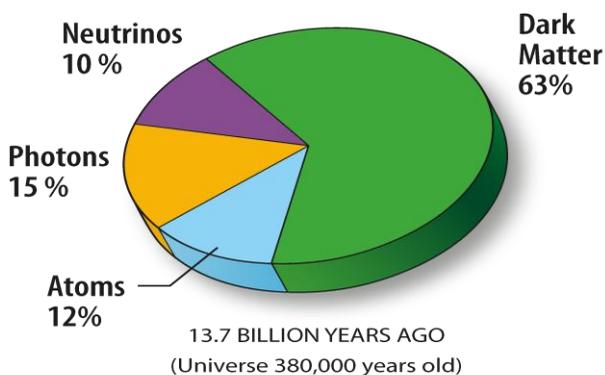
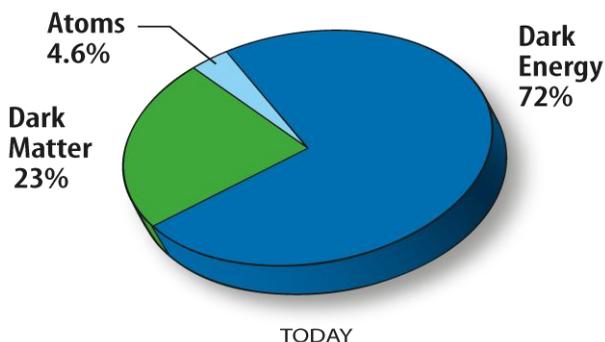
signal, sends the message down a nerve cell which then contracts the right series of muscles and the arm moves. To move the legs requires a different pattern of micrometer changes.

This is humiliation, to be so helpless and without true nature. The solution of course is to forget it ever happened, or continues to happen. We (as a singular) simply block it from awareness. We shift from being “our physical universe” into “sharing.” Now, we are bodies! This transformation is another boundary created out of the one, which has no boundaries.

“We don't see things as they are, we see things as we are.” ~ Anais Nin (1903-1977)

Once we think and buy into a body, we “bond” into a specific here. We believe we are “located.” This is a forced acceptance of another’s sense of reification, “their” perspective that we (singular) are not spirit, but a thing. Our open spiritual nature has been forced to be “objective.” Our initial unlimited space perspective was humiliated into taking a disrespectful and small “here” perspective. We changed. In this sense, we accept the false imagination of others as “objective” truth! We lost our power, and so fell to earth.

Now more from NASA: Using Telescopes as time machines, scientists have learned that Dark Energy and Dark Matter have changed over time. Here is another picture from their website.



it makes perfect sense. We aren't just a human body. We might use a tool (the dyad) and some theory to help us to better understand "what" we are and "how" reality works. Since we are each other, physical reality was built out of thoughts, held by beliefs. We learn about life from life itself, we change to eventual become more spiritually open. With 13.7 billion years we became less attached to "our" body (reincarnation after reincarnation), less angry, and isolated. We are (in general) just falling in love. Real love has no attachments.

The science view was empowered by tools like microscopes and telescopes. Science shows us we are teachable, as all its tools help us on the journey to understanding. Science empowers us to be more effective as physical reality. Unfortunately, science might lead us into a big ego where we stick separated from fellow human beings. It's because scientific views don't yet integrate everything together into comprehension. But another tool, the Dyad discovered in 1966 at the Institute of Ability in Costa Mesa, California, can change all these old ideas.

The dyad is to spiritual practice, as the microscope is to Biology. The word "spiritual" is used because reality is non-linear as the latest experiments in quantum mechanics points in this "mystical" direction. In a dyad anyone can learn spiritual truth directly; and to test it out in themselves within a dialectic field of support. The dyad brings resolution of religious views and scientific views, to results which might be called "Ocean." The ocean is wide open, and made more possible by the discovery of dyads, because using it anyone accelerates their own spiritual progress. Spiritual work is uniquely individual, and as such, beyond mental concepts.

Dyad: The tool used to find the Ocean.

Language is a field of little word boxes. It keeps reality fixed in concepts, keeping reality in a mental universe. To reach Ocean view we must be able to get past our tiny mental universe. The dyad is a tool that can bridge gaps between self and others, between objective reality and spiritual reality. Dyads bring together seemingly opposite mental ideas transcending their separateness. We take language back as external reality to make it fresh, embodying direct meaning. The Ocean view is hiding in plain sight where no one can see it. The dyad uses communication to take back language, making it fresh with new meaning.

The dyad is a special case of human interaction where argument is avoided, yet both people work together to communicate. The core of the dyad is turn taking, as there are two roles, one speaker and one listener. These roles alternate every five minutes. A dyad uses two open ended commands or questions, one belonging to each person. Questions can be the same or separate, but they don't cross talk. They do their own work, with the other only being a good listener. The speaker avoids directly speaking about this other person, to instead focus on their own inner reality. They only speak about what is directly coming up for them.

The dyad focuses on inquiry which is open ended. Inquiry, in the form of a command, usually starts with "tell me." In simplicity is its power. I was able to find the ocean view during a dyad while working on "Tell me who you are." My discovery was that this other was nothing more

than myself in another form. It occurred as a realization, a deep connection that was outside of language, beyond debate. It wasn't a mental idea I held in my head. I also knew everyone eventually would have that same discovery, and that we were not different in any significant or meaningful way. Everything is included in an Ocean view; each little drop would eventually see that they together were the ocean itself.

The dyad is often used in the format of an Enlightenment Intensive, which is a three day residential retreat starting at 6 am, going till 10:30 pm. In 2007, I was able to find the Ocean View in a dyad, which makes it seem simple. But I have been doing dyads on/off for 52 years, attending over 100 Enlightenment Intensives, one as long as two weeks. When it happened I was leading an Intensive, only "filling in" as participant, who was missing for a few minutes. I was lucky, but at that time, working hard and dedicated to helping others. The Ocean view lasted for about 3 days, and although I was permanently changed, the physical high is gone. After all, there is no advantage to anyone who knows the truth, as it is true for everyone else too. I still needed to go to my job the next morning. The only "value" of the Ocean view is that all of reality makes complete sense, nothing is missing.

Current science has identified effects of Dark Matter and Dark Energy, but after 30 years of trying, they still can't explain what it is. This paper does that. We identified competing views, Religion/Science, and a bit of how they work in opposition to hold us in a smaller reality. We get tricked into choosing from bad options. We identified ways to improve discernment to go beyond mental understanding so we can recognize a deeper reality. We are deep embedded in all parts of reality, as nothing is external. In this presentation, we just don't have enough time, perhaps years of needed work with dyads, so we give a small taste of The Ocean View.

With some road blocks identified, we jump into the Ocean view:

- Before the Big Bang there was only Ocean.
- The "Big Bang" occurred when we discovered the "other." It exploded because some of us rejected the other as spiritual, to instead experienced them as a physical object.
- We are not "in" the physical universe; instead we have ability to view the physical universe. We are in the world but not "of" the world.
- We choose to be private, to be separate, by leaving the ocean (this creates time).
- All of **our** reality is built from and out of **our** consciousness.
- Quantum Mechanics is done with statistics only because there are many physical universes involved. We think the physical universe is an external "one" thing, when in fact we are only lost and blaming that on others.
- We are each other; any difference is only a temporary misunderstanding.
- Physical reality is only built out of thoughts.
- A thought is a rejection of experience; feelings, beauty, and energy are missing.

- The Physical Universe is **located** between *two* and represents only *their* relationship.
- We mistakenly think we were born, but it isn't true. No one is ever born, but others believe we are an object ***born in their world***. We are a "physical thing" only to them.
- We mistakenly think matter permanently exists and we constantly change, when in fact, the opposite is true. Matter is constantly changing, and we are aware of this.
- The Physical Universe is an accumulation of all our beliefs over all of time. When all people believe something, it becomes external and seemingly real. We test if it is real "by asking others." But their belief doesn't have to become ours, as grace is allowed.
- We think we have an external identity, but we don't. Nothing is missing, or needed.

From the Ocean view we can define both Dark Matter and Dark Energy.

- The force of gravity (when awareness is attached into a body) is felt as love. It may be well hidden but down deep we all love each other (since we are each other).
- Ordinary Matter is created when we think we are only alive because we are "in a body," we became "matter." The most primitive body is made up of an atom, having a "here" location at a time "now". There is a wide range of embodiments, molecules, moons, stars, birds, and humans just to name a few, which now is about 5 percent of how consciousness experiences reality. We create ongoing matter and space, which amounts to 5 percent of all the gravity; 13.7 billion years ago, it was 12 percent.
- Dark Matter is created when we die and are without body. We might call these angels or spirits. They still think they have a location "here" at a "time" now. They amount to about 27 percent of how consciousness experiences reality. They don't hold matter but they hold space, and they keep track of time. The field of love they provide is 27 percent of all gravity; 13.7 billion years ago it was 63 percent.
- Energy comes as matter changes location. We only know energy because we first know location. We measure a mass moved from one location to another as energy. More energy is needed to do motion in less time. We believe energy and space are locked together, which is true from single viewpoints, but from open viewpoints isn't true. Awareness might be a line, volume, co-located, or even unbounded.
- Dark Energy is created when consciousness is no longer attached to matter, location or time. Anyone can be this way, but it seems strange to the lowest 5 percent. Most of consciousness (68%) is now enlightened. Their contact helps us to make progress. We feel more real as they 'touch' within us. They might be called enlightened or God realized. Way back 13.7 billion years ago it doesn't seem there was enough time for anyone to yet become enlightened. As Dark Energy accumulates, the more a drive to evolve to higher consciousness becomes, as the world makes evolutionary progress. At some point all matter will just evaporate.

In this new approach – everything is flipped over:

- Reality is built up over time within awareness, and not the normal way of believing that awareness is only available because we have a body with a biological brain attached.
- In this new approach, everything still works; we still need to go to sleep, get up, go to work, and eat food. Nothing changes except our experience. We can now operate from love and love alone. Everything is fresh with new meaning, and new purpose.
- There is no need to “fix” anyone. The Universe is smart and it can become the teacher, we don’t need to teach. No more feeling isolated, everything is God; we can be without preference. Reality isn’t as serious as some people think it is. It is a good time to laugh.
- Things “exist” only because they are misunderstood. That misunderstanding is our basis of time itself. As long as we have something that matters, there will be time. Physicality will slowly dissolve as we all start to recognize love; we always have enough time.
- Time is created in the act of misunderstanding, and likewise the Physical Universe acts as a reminder of that misunderstanding. So, we relax, as there will be enough time to work everything out.
- Experience is always open. Since we are each other, you were never alone, never forgotten, never ignored; rest in this awareness, surrounded by grace. Each separate person will eventually wake up alert and see they were never ever separate.

The Physical Universe is “located” between non-physical beings and it only has existence as a misunderstanding. When we don't recognize others, we make cognitive mistakes. We don't see them as us in another form, so we start thinking. Thinking creates a privacy where before there was none. Each unnecessary thought accumulates in privacy, making “our” privacy look real. Communication now seems needed as we fall into delusion. After 13.7 billion years of thinking “our” thoughts, we (seemingly) are a small object stuck (communicating thoughts) in a big physical universe. Relax into natural awareness. It is all just a big misunderstanding. We are “born” objects into another’s world only by their choice (as we are to them, their guest).

More answers can be found in my book “The Bridge To One.” Its 312 pages take a longer and closer look at how we habitually think thoughts to believe in seemingly separate privacy. This Ocean View is a brief overview, supporting a 40 minute talk at a local astronomy club. Both Dark Matter and Dark Energy are low hanging fruit, to which current science struggles. May this open perspective (which may have always been true) help us to better understand (and better live) reality; how reality is all deeply interconnected and not at all separate.

With love and surrender, Bill

www.dyad.org

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