

# Self Realization and the Theory of Everything

By Stephen Linsteadt

Human beings have been searching for the scientific explanation of who we are for centuries. Scientists have been seeking the “Theory of Everything.” Mathematical formulas that explain the workings of the forces that govern the world of planets and solar systems have failed to explain the forces that govern the world of atomic and sub-atomic particles. This dilemma plagued Einstein up to his death and has challenged the greatest scientific minds of our day. Within the last few years a mathematical formula has emerged that can be applied to the forces of the spheres as well as the sub-atomic domain. This “Theory of Everything” has been called “String Theory.” String Theory is able to account for all the known energy forces by assuming that all sub-atomic particles are made of millions, if not billions or even trillions of strings that are vibrating to different frequencies.

Mathematical formulas are the basis for how scientists describe our physical reality. When new mathematical formulas describe the workings of a new force, experiments are performed to confirm the mathematical equation. In this way, mathematics has foretold the existence of sub-atomic particles years before scientific experiments could be set up to verify the prediction. The mathematics that describe “String Theory” took years to develop. The formula finally worked when additional dimensions were added. “String Theory” relies on 11 dimensions as well as light and sound as the fundamental force that governs all of creation. Imagine a scientific theory that relies on light and sound and different planes of existence. There is only one small problem. We do not have the technology to perform the experiment that will allow scientists to confirm this mathematical formula. It is doubtful that we will ever have the technology to measure light and sound or certainly the existence of dimensions beyond what our minds can comprehend at this physical level. So, the hard line scientist claim that String Theory can not be accepted as true science, since it can not be experientially confirmed. Therefore, they insist that String Theory be relegated to Philosophy and not Science. The scientists that have worked out this mathematical formula have been forced to create a new classification of scientists now known as Theoretical Quantum String Physicists. So it appears that we have come full circle. We are back to the great philosophers of Socrates and Plato, who we will remember talked about the Music of the Spheres as being the quintessential force that governs our universe.

These new philosophical physicists have a theory that describes the workings of the world but they cannot prove it at the level of the senses. And what is science, but experiencing how a thing works first hand. And, the experiment must be reproducible. So, if String or Sound theory is correct, we must be able to verify the existence of this sound and the existence of multiple dimensions. The questions is, with what equipment shall we make such an experiment?

Before we set up our experiment let’s make sure we understand what it is we are expecting to find. Doctor Randolph Stone in his book, “The Mystic Bible” explains that the atoms that make up the elements of this physical world are themselves a reflection of a higher truth. He says that God projected himself or his energy in a positive stream of

energy. At some point, though, this energy begins to feel the return pull, just as the positive force of a magnet is attracted to the negative pole. So when God's positive energy began to make a return, it doubled back on itself and created a pattern. This return current is referred to as the feminine negative current. It is the interplay of the positive and negative currents that creates these dancing Strings that ultimately become the atoms that are the building blocks of this physical creation. We can see this more clearly, perhaps, by viewing the ocean as God and the flowing tides as God's outward projected energy. When the tide reaches the shore it begins to flow back to the Ocean, its source. It is the flowing back of the tide, when it meets the incoming tide, that creates the waves. The ocean's waves, therefore, can be seen as an energy pattern created by the movement of the ocean going towards the shore and flowing away from the shore. It is the same ocean, but we consider the ocean's waves to be separate from the ocean. In the same way the outward flow of God's energy when met by the inward flow creates an energy pattern that makes up this duality that we consider to be separate from God. The drops that are caught in the wave consider themselves part of the wave and no longer see themselves as part of the ocean. They become busy at building the bubbles that we see as the foam on the crashing waves. We too busy ourselves in this wave of duality and busy ourselves in making bubble things that last no longer than the bubbles on the waves. No matter how hard the drops try they are never able to preserve even a single bubble. Likewise, everything that has been created in this physical universe will pop like a bursting bubble one day.

The irony of our ocean wave existence is that we give our attention to the waves and the bubbles and not to the ocean. We see ourselves as separate. We even blame Eve and the serpent for our separateness. The Bible tells us that the negative feminine energy that created this pattern came from Adam or the positive current – but as we just saw they are the same current. They are both part of God's current and were created by God. God also created the serpent. One could say that God also created temptation. It is our friend Mirdad in "The Book of Mirdad," who eloquently explains that through the friction and opposition found in duality may we be made to understand our unity. He says, "Not a punishment is Duality, but a process inherent in the nature of Unity and necessary for the unfolding of its divinity. It was God's will and plan that we should walk the long way of duality in order to unfold his own will and plan and unify himself by Understanding. Holy Understanding is that state on our journey back to the ocean where we experience our oneness with the Ocean first hand. Mirdad says that God knew full well that Adam would eat the forbidden fruit – He wished him to eat; but He also wished him to know beforehand the consequences of eating and to have the stamina to face that consequence. Mirdad continues to point out that a constant friction is this Duality, and the friction gives the illusion of two opposing sides bent upon self-extermination. In truth, he says, the seeming opposites are self-completing, self-fulfilling and working hand in hand to one and the same end – the perfect peace, and unity, and balance of Holy Understanding. But the illusion is rooted in the senses, and it persists so long as the senses persist. So long as we continue to build bubbles. And then he reminds us that it is no small matter to become a god.

Dr. Stone provides us with a wonderful way looking at these positive and negative energies. He explains that within the core of an atom, the fundamental building block of our universe, is found the positively charged proton along with the neutral neutron. He says that the proton is our **Will** or our attention and that the negatively charged electrons

that orbit the proton and neutron nucleus are the senses. The neutron is Mind. This is a great picture, because it illustrates that the neutral mind is just as happy when it has merged into the Universal mind at the top of Trikuti as it is chasing after the senses. However, as long as the mind has not merged with the Universal mind, it does have a downward or outward tendency towards the senses. It is the WILL (the positive energy) that is responsible for keeping the mind neutral. Dr. Stone explains that all matter in this physical universe is nothing more than an interplay of the Mind and the senses driven by our WILL. He says that miracles are nothing more than being able to control the patterns and designs that give shape and limit to all individual units of things made up of atoms.

We don't have to understand all of these complexities that Dr. Stone shares with us. But we do have to experience the workings of the mind first hand. Eventually, all seekers of Truth must come face to face with the mind.

But first we have to want to. No one can force us to make this experiment. It has to come from within ourselves to want to make this journey.

A Spiritual Master was once walking along a country road with one of His disciples. The disciple must have been an elevated soul because he asked his Master why every soul in the creation wouldn't want to experience the heavens within as he presumably had. The Master stopped and asked the disciple to come with him to look over the fence that was lining the road. On the other side of the fence was pig lying contentedly in the mud. The Master asked the pig if he would like to leave the mud and journey with him to the heavens above. The pig thought a moment and then asked if there was mud in heaven. The Master replied that no, indeed there was no mud in heaven. "No thanks then" said the pig. "I will stay here where I am."

So where is our motivation to leave our mud? Dr. Stone explains that it is only by the grace of the Supreme Father that light can be bestowed on sincere seekers who have exhausted or surmounted some of their ties to pleasure, by bitter experience in this life of matter. It is the mind that rules in the world of phenomena of time and space. When we become attached to objects of atoms, we are leaving the Inner Center of the Essence where the Reality exists and are allowing the mind to go out after created things (bubbles). The mind becomes conscious rather than absorbed in the Inner Essence of Oneness (the Ocean).

Dr. Stone has just explained the whole problem with this one paragraph. He says that the light of Understanding or first hand inner experience, only comes to the sincere seeker who has either exhausted his ties to the senses or has surmounted some of the ties to pleasure (he didn't say we had to give up all of our pleasures – but we to at least have begun to seek something beyond the senses). And what is it that is seeking – it is our **Will** or intention, which is the positive proton. As long as our attention is focussed on the senses, the negative electrons, then we are ruled by our minds. And our minds have a downward tendency or an energy that is directed away from God or from the Inner Essence of Oneness with the Father that created the mind in the first place. It is this conscious mind that constitutes the ego. It is ego that keeps us separate by our will to continue on our never satisfying journey through the sense. We are forever stuck in the pattern of energy created by the positive and negative forces. But as we saw earlier these

two forces come from the same source – God. It is our attention that keeps bound to the energy pattern of the mind instead of riding the return current back to the source – God.

Dr. Stone points to the key when he refers to the seeker that has exhausted his ties to the senses. When we have satisfied all our external cravings, like the Prodigal son, then we are ready to go Home to the House of Reality. Such is the life of the mystic soul as a wonderer on earth; who finds no resting place, no security, no satisfaction in things of pleasure and possession. It is only man, who is swayed by and succumbs to the lower tendencies; and not until he himself becomes aware of this fallacy and makes an effort to extricate himself, can he start on the journey to his Divine Source of Eternal Bliss.

But how do we convince the mind that this Bliss is better than mud? The mind has not experienced this “Bliss.” True, we may not find any real satisfaction in the things of this world. But are we really ready to go to heaven. Remember, there is no food in heaven. There are no lattes in heaven. Don’t expect to be forever united with spouses, children or grandchildren. No, there is no mud in heaven. In fact, beyond the level of Trikuti there is no thought at all. There is no one there to miss lattes and children, etc. We have no mind to even think about these things. So now some of us may be having second doubts. Well, try meditating and you’ll find that second doubts turn in to third and fourth doubts – hundred and thousands of doubts. It is the job of the mind to throw out all the doubts possible in order to keep us here bound to this illusory energy pattern of lattes and mud.

But let’s not forget that earlier we said that it is with the Father’s Grace that the light of Understanding can be bestowed on the sincere seeker. Without God’s grace we will stay bound to the energy pattern of this creation. It is with God’s grace that we find a true Master. The mystic devotee with the guidance of a true and perfect Master and with definite and regular effort at concentration, raises the consciousness and currents of awareness in to the higher realms of soul and spirit. He does this by gathering all of his sensory energy currents at the center of consciousness between the eyes. This is the doorway into the laboratory where the grand experiment is performed. It is through this doorway that we experience first hand all the realms upon realms of finer essences in various gradations of vibratory intensity, which team with animation and life. Dr. Stone points out that each region or dimension has a beauty of its own which are far beyond mortal comprehension. Dr. Stone says that St. Paul in the Bible intimated that eye hath not seen, ear hath not heard, nor can the mind conceive the glory of the Almighty. In order to comprehend and enjoy the Spiritual, it is necessary for us to develop the spiritual faculties of sight, hearing and inner consciousness. It is a matter of turning our attention or Will away from the senses and towards the source of everything. These energy currents flow in opposite directions. It is not possible to have them both at the same time. Dr. Stone says the soul cannot rise to the spiritual realms as long as it is anchored, bound and covered over by the ego and earthly attachments – mud and lattes. We must learn to raise the soul beyond the realm of desire.

Dr. Stone tells us that desire has its roots in the consciousness of the mind and the ego. Experience is the remedy and makes the soul richer for having traveled in the outer boundaries of the substance of time and space. In the ‘otherness’ we discover our lonesomeness and emptiness and we long to return home. We must first realize our need, become humble and then seek a Teacher, who can instruct us in the way home. Man is the only living creature who can either further degenerate and scatter himself into matter,

or properly control and use these same energies to return to his Father's House of Eternal Bliss, and doing so by directing them upward and inward to the scientific laboratory within.

We should detach ourselves as much as possible from the body, and leave it to the care of God. God's supreme will governs all. Nothing can happen without it. In St. Matthew we read: "Not even a sparrow can fall off the roof without the Father's will." We must be in the world, but not of it – to rise above temptation, trials, and tribulations. Temptations will come but we should be so firmly fixed in His Love that we do not fall or let them make any impression upon us. We must unconditionally surrender the physical body as well as all its desires. We are on the path of faith in and love for the Supreme Being. Our task is to continue to persevere in the Great Work of ascending and uniting with God, by freeing our soul of its material and psychic attachments and desires. Some souls, most of us, still have latent desires and attachments which we can not as yet willingly surrender. The Saints never use force nor do they speed up the pace any more than the disciple is ready and willing to travel.

God does not extricate us from the mire nor does He prevent us from further descending into it until we ourselves wish to be liberated. All of our desires must be fulfilled sometime; if not in one lifetime, then in another. Every incarnated soul has brought about his or her own condition and position in life by that individual's own desires, thoughts, words and deeds. If we really understood that it is our desires that keep us detained here in the physical realm we might be inclined to examine these desires and attachments more carefully. This will give us a pretty good idea of where the root of our trouble lies. Dr. Stone suggests that we ask ourselves how much time do we spend in devotion and concentration on the source of our very being. Is our main objective temporal acquisitions, or is it in the search and thoughts of eternal union with God. Every day we should ask ourselves where our attention is. Is it towards Self, for selfish gain and pleasure? Or is it towards the heights of Love, Devotion and Service, which lead to God-realization? Do we long for conscious union with God day and night? Do we shed silent tears in this longing throughout the night and in the early morning hours?

The Mystics are those that have become tired of creating bubbles on the waves only to have them pop over and over again. They long to return to the Ocean. Remember the positive quality of the atom is our Will or attention. When our will is turned away from the senses and focussed on the ocean by contemplation on the Word or Shabd, then with His grace we merge back into the ocean. This is the grand experiment. The equipment is the human body and our ability to concentrate or control what it is we dwell on with our attention. Once we have merged into the ocean through our concentration and the upward pull of Shabd to the higher regions we have made a successful experiment and have proven for ourselves the vibratory source that causes Strings to dance within the atoms. The uplift of the Sound Current has a beneficial effect on the mind and the senses, which is far more real, satisfying and lasting than anything we can experience on this physical level. We no longer desire to create bubbles or lay in the mud.

To achieve this we must constantly dwell on god and in god, through love and devotion to Him at all times, in every thought, word and deed. To such a person, god is all in all. He sees him everywhere as the heart and goodness in all things and beings. The True Mystic performs his daily duties with his hands and feet, but his consciousness always

dwells in the reality and He sees with the One eye of Love and deep understanding. In the Mystic's life, God does everything. The Mystic stands by and listens to the heavenly music within, and keeps tuned in to the sound of the current leading back to God. Once we have been properly connected to this Heavenly music or Sound Current by a True Mystic or Master, it is up to our effort and concentration to do the fine-tuning. The True Mystic lives simply as child. He claims that he of himself does nothing, but that God does everything for him. So completely is he in oneness with God. Such a one is no longer in the world of waves and bubbles but is part of the ocean itself.

When we merge back into the ocean there is no 'self' left to desire mud. We are no longer separate in our 'waveness.' It is in our 'waveness' state that we perceive ourselves to be separate. And from our sense of being separate do we seek God's assistance in filling our needs and desires. Our friend Mirdad makes us examine ourselves when he asks, "Why do you press your puny selves with all your trifling needs upon His memory." Do you remind Him of corn springing to life in the field? Do you remind Him of the spider spinning his masterful retreat? Do you remind Him of the fledglings in the sparrow's nest? Do you remind Him of the countless things that fill this boundless universe? Are you less favored in His sight than sparrows, corn and spiders? He asks, Why do you not, as they, receive your gifts and go about your labors without ado, without knee-bending, arm-extending, and without peering anxiously into tomorrow? And where is God that you should shout into His ear your whims and vanities, your praises and your complaints? Is He not in you and all about you? Is not His ear much nearer to your mouth than is your tongue to your palate?

And here is the key to understanding... Mirdad continues and says, If God, having given you the seed of His godhood, were to attend it for you, then what virtue would you have?" And what would be the value of your life? And if you have no labor to perform, but instead God must perform it for you, then of what account would be your life? He says, "Take not to God your countless cares and hopes. Implore Him not to open for you the doors whereto He furnished you with keys. But search the vastness of your hearts. For in the vastness of the heart is found the key to every door."

And then Mirdad says something quite profound. He says within your heart is a mighty host of red blood corpuscles placed at our beck and call ready to do our slightest bidding. He says that when properly equipped, and wisely disciplined, and fearlessly commanded this host can be made to leap eternities and sweep away all barriers to its goal. He says our blood cells run silently through our veins; each one of them a miracle of strength, each one a full and honest record of all your life and of all Life in its most intimate detail. Our blood assembles in our heart and is deployed by our heart. Our heart produces the largest electromagnetic field in the body. Our thoughts and feelings and desires also have electromagnetic frequency properties. This is why Mirdad says that the heart is so famed and so revered. Out of it, he says, gush your tears of joy and sorrow. Into it rush your fears of life and death. He says that our cravings and desires are the equipment of this host of red blood cells. Or rather our red blood cells carry the frequency of our thoughts and desires. Mirdad continues to explain that it is our mind that should be the disciplinarian and our Will should be the driller and commander.

And then he continues and explains that when we are able to equip our blood with one Master-Desire that silences and overshadows all desires; and trusts one Master-Thought

with the discipline; and charge one Master-Will with drilling and commanding, then we can be certain that we will fulfil any desire. In other words, when every red blood cell in our body and every cell in our body is in unison fixed upon a desire then with our Will we can control the very atoms that make up our physical universe to the point that we can manifest whatever it is we desire. So the question again is what is it that we desire?

Mirdad tells us that saints become saints by purging their blood of every wish and thought incongruous to saintliness, and then direct their will unwaveringly to seek no other end but saintliness.

Mirdad continues, “I say to you that every saintly wish, and every saintly thought, and every saintly will, from Adam till this day, will rush to aid the person so bent on reaching saintliness. For ever has it been that waters anywhere will seek the sea, as rays of light will seek the sun. To pray, he says, is to infuse the blood with one Master-Desire, one Master-Thought, one Master-Will. It is to so attune the self as to become in perfect harmony with whatever you pray for. He then reminds us that the key to life is the Creative Word, the Sound Current. The key to the Sound Current is Love. So he advises to fill up our hearts with these and spare our tongues the pain of many words, and save our minds the weight of many prayers and to free our hearts from the bondage of the many gods of our desires that would enslave us with only a temporary bubble-gift. Instead, lets free our hearts of mud and lattés so we may find union with the ocean and thereby fill ourselves with God himself and be forever full.