

Handouts for Discussion-7

Dear workshop attendees,

I have thrown together an edited (and in some places a little mangled) selection of posts from the MBT Forum (Go to the MBT web page www.MyBigTOE.com and click on "Discussion groups") that I think you may find interesting.

1 – How does one know they are in a virtual reality?.

A virtual reality appears physical to those inside of it – indeed, the perception of the characters in the virtual reality defines the meaning of "physical" within that reality. The tipoff that their reality is virtual is that those inside of the virtual reality will never be able to discover what they would see as a physical cause (from their perspective) for their reality because there can be none.

An example: The World of Warcraft (WOW) characters and their environment appear physical from the point of view of the characters. Now imagine that these WOW characters trying to think up a "physical" cause for their world. There is none... their reality is virtual -- created within an information system that is necessarily non-physical from the point of view of the WOW characters. There is no initial cause or process to the WOW characters and set that is "physical" in terms of what the WOW characters think of as physical. The server that hosts WOW must be in an entirely different reality frame than the virtual reality it creates.

One of the current big mystery in PMR physics is what existed and happened before the big Bang. Surely, since all reality is physical, our physical reality had to evolve from something physical. Yet, according to physicists, the Big Bang remains a singular event with no past, no cause. Attempts to describe possible causes are more desperate than logical and none carry much credibility within the physics community. It appears to the great majority of today's physicists that our universe simply popped out of nothing! Unfortunately, that conclusion does not lead physicists to reevaluate their sacred assumptions.

The larger consciousness system is the computer and our virtual reality evolved from the big digital bang when the figurative "run button" was hit in a reality frame that must necessarily lie outside of the "physical" frame that exists within the virtual PMR reality.

Bottom line: The concept of a virtual reality provides a simple solution to the current Big Bang causality problem in physics and solves a host of other mysteries (both in physics and metaphysics) at the same time. Centuries ago we knew for sure the earth couldn't be round (even though the data and logic (good science) had shown that earth was a sphere hundreds of years earlier) because if it was, 'everything on the other side would fall off and the oceans would drain away -- any fool could see that.... '

2 – Title What happens to my consciousness when I am unconscious?

Tronar: "What happens to MY consciousness the moment I fall asleep and do not (consciously at least) dream, thus do not get a data-stream from my dream environment?"

Tom: Nothing happens to your consciousness, it just is no longer interactive in PMR through the physical incarnation of Tronar. The uplink (to the IUOC) of data from Tonar in PMR is quiet. If you are dreaming, the uplink from Tonar in dreamland is still active whether you remember the dream or not. The Tonar in PMR is only aware of the subset of the larger Tonar (IUOC) that makes it into his PMR intellect. If the PMR-Tonar dreams or meditates or goes OBE and remembers those experiences, then such experiences are part of his PMR experience-base at the intellectual level. The experiences are also part of the experience-base of Tonar's IUOC. If he doesn't remember, then those experiences still become a part of His IUOC's experience base even though they do not become a part PMR-Tonar's intellectual awareness (PMR experience-base at the intellectual level).

Let's assume that Tonar's IUOC learns something significant to its development from those experiences that PMR-Tonar does not remember. [If Tonar had remembered he might have also learned something significant]. If Tonar's IUOC is just collecting data, then the new information will not be available to be applied in PMR until the next incarnation. If Tonar's IUOC is sometimes in a NPMR VR of his own where he is interacting with PMR-Tonar, then PMR-Tonar will have use of the new information immediately -- intuitively but not intellectually. Less evolved entities are more likely to have an IUOC that is just collecting data because that is a more efficient use of system resources... while more evolved entities are more likely to have an IOUC that is actively engaged in their development because that is a more efficient use of system resources.

Tronar: "What is the reason for sleep when rest appears to be sufficient – it seems so inefficient?"

Tom: Lying down and being awake but still for 8 hours is not the same as sleeping for 8 hours. The difference can be large or small depending on what you do while you are lying there awake. The mind leads and the body follows – thoughts do not only affect the brain. The entire body (literally every cell) dances to bio-electro-chemical processes that change as one's emotions and thoughts change. Simple muscle contraction and relaxation (physical movement) is not the only work the body does. Simply giving the muscles a break by lying down is not enough to

allow the body to recover from the requirements of the day. The mind must also be still. I suspect that the work that muscles do accounts for less than half of the work that a typical body does in a day. Most of us sit at desks all day working hard intellectually and emotionally instead of working hard at physical labor. And we are tired by the end of a day. Quadriplegics barely move a muscle all day and if they have an active mental life, they are tired and need sleep by day's end. If lying down and being still were enough, quadriplegics would never need sleep.

Sleep has multiple functions.

1) Work, both mental or physical, generates waste products (the byproduct of metabolism and cell function) that accumulate faster during the day than they can be eliminated. Sleep allows the body to catch up on its housekeeping.

2) Everybody dreams, as evidenced by REM, with most going through 4 to 6 dream cycles every night. Many if not most dreams are not remembered. In these dreams are you working on consciousness evolution in the dream NPMR reality frame just like in your waking life you are working on consciousness evolution in the awake PMR reality frame. No difference – you work day and night – that is an efficient use of system resources. To make the best progress you need the kind of very different experience (tight rule-set and loose rule-set) that both reality frames offer. Some things can only be experienced in one frame or the other. Often these frames are connected by intuition, and sometimes by intellectual process when the dreams are remembered. None of the learning is lost just because you cannot remember

3) Having to sleep forces you to put aside issues and problems for a while often resulting in a bigger picture in the morning. We tend to emotionally and mentally paint ourselves into corners all the time and sleep breaks this very inefficient self-referential cycle. Like rebooting your perspective when it gets hung in an endless loop or keeps returning an error message. This saves a huge amount of ineffective (wasted) process cycles and is thus a very efficient use of resources.

4) 1), 2) and 3) happen in parallel to almost everyone every night. Sleep is a very productive and time well spent from the standpoint of system efficiency. One may be able to physically carry on by lying still with a more or less blank mind for 8 hours a day, but one pays the price in process inefficiency.

Tronar: “But where is the advantage in not remembering your dreams? Why should PMR-Tronar not be conscious about the things experienced and the lessons learned in the NPMR dream reality, if he is still working on consciousness evolution during that time? Wouldn't that help PMR-Tronar to also evolve faster?”

Tom: you are in charge of a subset of a much larger enterprise.... a third level manager who feels that everything would work much better if he were made the president and CEO of the corporation. Think of yourself as one member of Team-Tronar and that you are not the leader or even, necessarily, the most important member – you are a contributor with a mission to do whatever you can help the team. The Team, if sufficiently evolved, will try to help you optimize your contribution. When you, PMR-Tronar, are able and willing to process more of your dream experience intellectually and gain significant growth from it, you will no doubt remember more of your dreams. “Able” means you have a big enough picture and enough understanding to convert the growth opportunities in your dream experience into higher quality consciousness. Most people are not very good at the much easier and more obvious process of converting the growth opportunities in their awake PMR experience into higher quality consciousness. “Willing” means that you make the necessary effort to connect and pay attention to your dreams. There are many techniques, such as keeping a dream log that will greatly enhance your memory of dreams.

PMR-Tronar, dreaming-Tronar, and IUOC-Tronar are not different entities, but rather different aspects or different roles, of one being – there is no up or down link between separate entities. Whatever any member of Team-Tronar learns, eventually benefits all. There are many ways you can become a stronger member of the team, but you must be ready, willing, and able to effectively take advantage of them. Handing such an opportunity to you (PMR-Tronar) before you are ready, willing, and able to utilize the opportunity wisely, carries a negative growth value. When you are ready to take on more responsibility for the bottom line of Team Tronar, more responsibility will come to you, however, being ready must be at the being level. No amount of intellectual preparedness will move you closer to being ready to grow the quality of your consciousness.

Ted: Tronar, I'm glad to see that Tom has phrased things with metaphors that you can understand and accept to answer your questions. Not everyone has the digital technology experience and insight that to me says so much. To me, what Tom has told you is inherent to the model I described of your IUOC taking cycles out of its total LCS reality loop in which it functions as your NPMR FWAU experience for many of those cycles and one cycle to function and experience your PMR FWAU.

Those FWAUs are independent, again inherent to that Model, and each have their own independent free will, independently of the other and of the base IUOC, as participating in a VR which is a meta reality, granting them that independence and providing thereby their own free will. Cooperation between the FWAUs can even go to the extent that Tom does whereby he can

simultaneously have a degree of consciousness in NPMR (where he can interact with his own NPMR FWAU and other NPMR entities) and PMR. There can be cooperation from your NPMR FWAU as it may act as a guide and information source, provided that it has access to information suitable to your immediate needs here in PMR and the required developmental level. Or your NPMR FWAU can be just fumbling along on its own, collecting data as Tom says. There can be a whole spectrum of performances available with a great range of cooperation possible. As Tom said, Team Tronar. You, in total as Team Tronar, can function as a real team or as independent players each within its own 'game'. All inherent as possibilities within the digital model and dependent upon 'your' capabilities as a 'team'.

Understand the 'digital' model and anything that is possible within that model can occur. Its likelihood of occurrence dependent upon your level of development, the quality of your Intent and the needs of the LCS.

