



Eternity is THIS

According to modern physics, energy cannot be created or destroyed. It can only change form. Heat energy can become kinetic energy that drives a turbine, or it can generate light, another form of energy.

We know from Einstein's famous equation, $E=MC^2$, that mass is really just a dense form of energy. But if energy cannot be created or destroyed, then it is essentially eternal.

Even the big bang did not create the energy that became the mass of our universe – it has to have come from some other form of energy, because it cannot be created or destroyed. So, energy is eternal. And all the objects in our environment and in the universe are made of this eternal stuff. The very body you live in is made of this eternal stuff.

We tend to think of eternity as something 'out there'. We think of it as the beyond, outside of time, something we have no connection with. But eternity, in the form of eternal energy, is right here: in the floor beneath you, in your friends and enemies, in the air you breathe. More precisely, it is the floor beneath you; it is your friends and enemies, it is the air you breathe. Eternity is THIS. It is everything you know and experience. All of life is a continuously changing form of eternal energy.

If you meditate on this, you will start to experience your habitual sense of local boundary becoming blurred. You start to let go of the experience of your body as a separate form, locked within its apparent boundary, isolated in time and space. You start to open to the experience of it being an ongoing expression of something infinitely vaster – and not just theoretically, but as physical fact.

Once you drop into the sense of this, you start to experience your own eternal vastness, free of the boundaries of separate self, free of the boundaries of time and space. You start to recognize that you are not just part of this. You are this.

Supplemental Mind-blowing Facts:

Every subatomic particle, which is really a particle of eternal energy, has a quantum field that stretches across all of creation. Those fields have memory – and actually, because of the quantum nature of those fields, their capacity for memory is infinite..

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So, every subatomic particle of every atom of your body in some way remembers every experience it has ever had – forever. The amount of history stored in your body is just unfathomable.

In addition, with every breath you take, you breathe in more history from the eternal memory of all the atoms and subatomic particles of the air, from all the places they have ever been. And with every exhalation, you breathe out all of this history your system has accumulated, which it has imprinted onto those atoms and subatomic particles of your exhalation, and which other people (as well as animals and even plants) breathe in, imprinting all that history into their own memory.

Again, unfathomable. But it reminds us of the vastness and infinite complexity, in the here and now, that we are...

