

# Our inner upgrade process

## The digital technology

we live with requires constant upgrades to work optimally. Imagine if it's the same with us. Quantum physics experiments suggest that we and our reality are just as digital as our technology. Everything seems to consist of information and to be connected by a large social information system or consciousness system. If this is the case, it's logical that we can upgrade ourselves to better and more functional versions. But how?

Our upgrade process consists of four steps that we constantly repeat. Is it worth the hassle? Well, consider that these upgrades will take us to greater levels of opportunity and exciting new challenges. So, let's check out the four process steps!

## Wanna know more?

This guide is about the application of MBT (My Big TOE), which is a theory of everything that unifies science, philosophy, metaphysics, mind, matter and purpose of life. It is developed by physicist, scientist and author Tom Campbell. This guide is a personal interpretation of Campbell's work, created by Titti Nordieng. Google/click to find out more from the sources below:

www.mbtevents.com (Events and Resources for Tom Campbell's work)

www.mybigtoe.com (Tom Campbell's website)

Tom Campbell: Virtual Reality and Consciousness

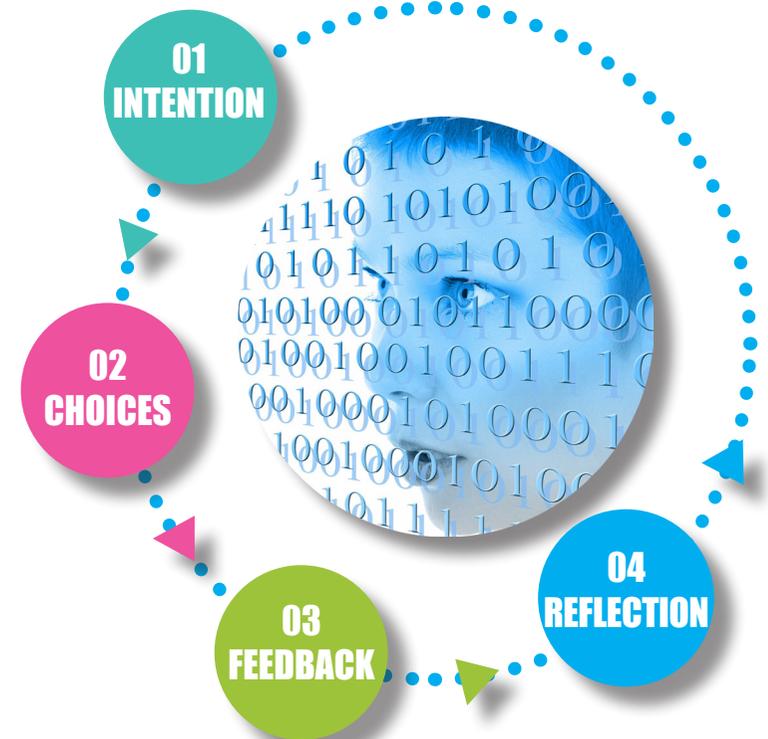
lowentropy.ca (MBT interpretation by Vanessa Wideski)

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**01** With our intent, we can change things. Intention is motivation and strong will. You can say that it creates new information and new opportunities. Our intentions reflect who we are at the being level. Are they self-centered or are they about care for others? If we see ourselves as part of a large information system, it's clear that our ultimate purpose is to create information (meaning and order). Information is created by cooperation, caring, compassion— yes, simply by love. Imagine if we can create intentions that develop us into better people, so that we create environments and collaborations where people can grow, feel safe and appreciated.

**02** Our intentions, in turn, affect the choices we make in our everyday lives. What if we choose a lifestyle that is characterized by caring choices that benefit others and help us grow? How would it affect our attitudes toward others, our parenting, the collaboration at work, our life goals, our driving, our attitude in the checkout line, our economy, our food choices and relationships? What if our choices were based on caring for the situation we find ourselves in and the people we have around us?

**03** Have you ever noticed that every choice we make creates consequences for others and for ourselves? These consequences give us feedback about the quality of our intentions and choices. We can see whether the choices we make create collaboration, growth and harmony, or if they create confusion and fear within the people in our environment and within ourselves.



**04** This is an important step in our upgrade process. By reflection we get insights that help us create better intentions and choices. During reflection, we can return to a past situation and consider what other choices were available. Why did we choose the way we did? What did we learn? What would be better choices next time? How can we correct a current situation so those involved feel better? Have you ever considered that there may not be any mistakes? What if they simply are opportunities to grow? We can use our courage to see that judging others or ourselves doesn't help. Courage also helps us take responsibility for the choices we made and their consequences. Reflection is the bootstrap by which we pull ourselves up. We get insights that lead to new upgrades and we have become a bit wiser.