

What if we live in a virtual reality...

Start

You are consciousness. Through sight, hearing, touch, and smell your consciousness receives information that makes you sense your body and environment.

What is consciousness?

Consciousness is information. Your consciousness is part of a digital, social information system ... the Larger Consciousness System. This means that our physical reality is virtual.

You as consciousness are the player of your avatar / body. You set up the strategy and make the choices that allow your gaming to level up.

This game runs 24/7, and it's designed to make us think that what we physical bodies in a physical world.

So, what is the game about?

You have a mission to increase the quality of your consciousness. You see, the highest purpose of consciousness is to create information (order and meaning).

How do I create information that increases the quality of my consciousness?

Information is created by cooperation, caring, compassion ... yes, simply by love. You need to remove what creates disorder, which is fear and negative emotions.

The cool thing is that as long as you stick to your mission, negative feelings and fears will gradually be replaced by harmony, happiness and passion for life.

How is that?

With your consciousness you can set intentions and make choices. Your intentions and choices affect the change in the quality of your consciousness.

Use your intention when you want to change things. Intention is motivation and strong will. It creates new information.

Say you have ingredients and a frying pan. You have the intention to make pancakes. By intention and choices, you cook them.

For example, you have negative feelings and fears. You have set an intention to get rid of them. By intention and choices, you let them go.

What else can I do to become a skilled player?

Have you ever noticed that you can actually choose your feelings, just like you can choose to do something with your body? Thus, you can use your intention to change feelings. Because that's how consciousness works.

Be openminded and skeptical. Apply a positive attitude, and you'll become an awesome player.

End

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)
- More guides like this: tittinordeng.com/#mbtguides