

**LIFE**  
**OVER**  
**MATTER**

**LIFE OVER MATTER**  
DISCOVERING REALITY

© Copyright 2018  
<http://www.lifeovermatter.org>  
All Rights Reserved

# Contents

<b>Introduction</b>	<b>v</b>
The scientific world picture . . . . .	vi
Solving the big issue . . . . .	vii
 <b><i>Life</i></b>	 <b>1</b>
<i>Life</i> is fundamental . . . . .	2
<i>Life</i> is eternal . . . . .	2
<i>Life</i> is omnipresent . . . . .	3
 <b>The reason</b>	 <b>5</b>
The experienced reality . . . . .	5
The essence of <i>Life</i> . . . . .	7
The reason for <i>Life</i> . . . . .	7
 <b>Consciousness</b>	 <b>8</b>
Awareness . . . . .	9

The personal shaping . . . . .	9
<b>Now</b>	<b>11</b>
<b>Your world</b>	<b>13</b>
The eternal world . . . . .	15
<b>Completeness</b>	<b>17</b>
<b>Love</b>	<b>21</b>
<b>Epilogue</b>	<b>23</b>

# Introduction

Our world is about to *find itself* in the middle of a crisis.

---

This can be understood in two ways - as on the one hand, the world is in the midst of an ecological, financial, cultural and humanitarian crisis - created by the doings of mankind and kept alive by the state of our collective understanding of us and our place in the world.

On the other hand, the world is actually about to “find itself” through a transcending consciousness unveiling what “our world” really is.

---

This book is about the shift of perspective that is going to change our understanding of *Life* and of ourselves.

## The scientific world picture

Through the last centuries, scientific research has brought us a good understanding of nature and the principles by which it works. The method itself is pragmatic in its need for evidence and reproducible events.

When looking at the origin of *Life* and our place in the universe though, there are still a lot of gaps to be filled scientifically. On top of scientific research, basic assumptions are made to explain how the world is put together. One assumption is that *Life* emerged within an existing world.

The short version of this assumption is that at some point all matter within the universe, including everything we are made of, suddenly came into existence. With this sudden appearance of all matter in the universe, also a reality “evolved” – following a progression in

time from that zero point – to where we are now. Visually speaking, reality and all matter move through the realm of time. Within this constellation, *Life* emerged.

The current explanation for the origin of *Life* is based on a statistical probability. Given an almost infinite universe and a vast amount of time, eventually *Life* would have to appear somewhere and we are just in the very sweet spot of the universe – the place where a thriving, living earth with organic cycles, plants, animals, insects and conscious, subjective experience emerged.

In this view, reality and *Life* are separate – as a result reality would exist without *Life*. That is also what some mean to see when looking out in space - an endless, *lifeless* existence.

## Solving the big issue

The hardest problem is probably to explain how dead matter can arrange to such intelligent, interconnected *Life* forms that we see around us.



The most widespread hypothesis is that “matter randomly arranged to *Life*” and that of course seems like a very weak explanation when looking deeper into the living organisms around us.

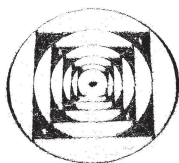
How then do we explain the origin and evolving of *Life* without an untouchable and undefinable external creator?

**Life Over Matter** takes the standpoint that *Life* did not “come into existence”. *Life* and not matter is fundamental. *Life* has always existed and reality and matter exist with it.



# *Life*

*Life* is fundamental, eternal and omnipresent.



First of all, proposing *Life* as fundamental is neither denying matter or our physical reality nor is it contradicting any scientific observation.

**Life Over Matter** simply presents another start-

ing point. Of course, for this perspective to have any validity, there are a number of things that need to be put in place for a coherent world picture. This is the goal of this book.

## ***Life* is fundamental**

Think about what we really know of our world.

We do not know anything else than a thriving living reality in a perfectly composed earth system that we are a living part of. There is more reason to assume that reality is part of *Life*, than assuming that reality and *Life* are separate entities, as we only know of one reality within *Life*. This is a bottom-line fundamental principle of reality and our entire existence and requires a leap of faith to accept.

Maybe also you can risk shifting your view towards a new explanation of reality.

## ***Life* is eternal**

Time is not linear.

Nothing that we see in nature supports a linear “beginning to end” principle (except the big bang which is a mere assumption we presented in the introduction), processes either move or evolve in cycles or wave-like patterns.

So if nothing within *Life* has an end, why should *Life* itself have a beginning?

A cyclical process has neither beginning nor end, it is only our limited understanding that tries to define borders.

## ***Life* is omnipresent**

If *Life* is fundamental, then everything within reality must also represent *Life*. What we see when looking out in the cosmos must therefore be a living reality, not an endless dead one. Everything that we observe must thus be an expression of the living *Life*.

With *Life* as the common denominator, everything within is part of the greater whole, existing inseparable from this unifying oneness.

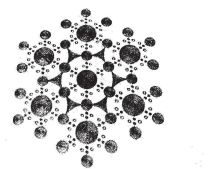
If everything is a whole living oneness, how is it that we can actually experience separate living beings within this living reality?

With *Life* as the fundamental oneness, the logical conclusion is that beings and realities are inseparable, and throughout all levels of existence, every living being comprises a reality in itself that makes the experience of a universal presence personal. It is this limitation of the living reality as a living being that creates the unique perspective that makes you into yourself.

To put it in another way, *Life* is the reality comprising all realities and the being of all beings as the wholeness and expression of existence.

# The reason

*Life* is reason and essence for all being and every experienced reality.



## The experienced reality

*Life* in its wholeness comprises living beings within living realities – that means that everything we see around us is to some extent

living.

Animals express themselves through behaviour and actions, plants express themselves through growth and form, and minerals express themselves through their shape and crystalline structure.

In this respect, what we need to consider, is that not all experiences are bound to physical interactions. Within the wholeness of *Life*, *Life* forms exist beyond matter, and so a crystalline structure in our physical world, might have a larger reality on another level.

Even though most of our experiences are bound to our senses, many of them can not be pinpointed to a certain location in our body, although the common world view is, that consciousness happens somewhere in the brain. With *Life* constituting matter, the brain can be seen more as an organ that interfaces to the physical world rather than the origin of any experience.

We must start to accept that there are differ-



ent levels of living, many of which we cannot yet comprehend.

## The essence of *Life*

*Life* lives through every living being, through us, the earth, and at all levels below and beyond.

It is this experiencing through all beings that creates the reality (the essence of *Life*) within which we exist.

## The reason for *Life*

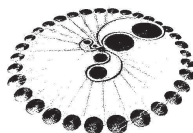
*Life* is all that is, all there has ever been.

The process is therefore: to experience and to evolve. *Life* lives through us and with that, we evolve. Within *Life* there are countless levels of realities that are being experienced through living beings.

In this constellation, *Life* continuously unfolds to a present reality for every living being.

# Consciousness

Consciousness is a perspective of *Life* within an experienced reality.



Consciousness is key to the experience of reality. Confusingly enough, the word consciousness comes with a lot of different definitions.

Let us agree that consciousness is your knowing of yourself and the world around you. Be-

hind this knowing of yourself is an awareness of the same.

## Awareness

Awareness is not a thought, it is the observation of thought, it is essentially who we are. On this level - it is what everything is. Even though it is not in any way separated from ourselves, awareness is not a personal awareness, it is a universal presence within all realities.

Our very own consciousness comprises our thoughts, emotions and memories, about ourselves and the world around us. We build our consciousness through interactions with the rest of the living world.

## The personal shaping

Our consciousness is not limited to ourselves. It also contains the people around us, how we interact with our environment and even the places we visit. It is the collected picture of our world.

On the personal level, reality can be experienced very differently. This means, the same situation can be experienced in different ways. We see the world around us through the filter of previous experiences, memories and thoughts.

It is possible that every reality is actually different, it is even likely to assume that everyone's and everything's reality is literally based on certain shapes of consciousness.

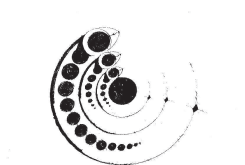
The reality you experience is an outcome of your conscious being, a representation of your perspective within the wholeness of *Life*.

So we have *Life* living through us - the fundamental "I am" awareness within every living being. Every living being experiences a personally shaped reality as "I am".

This is what we call consciousness.

# Now

**Your physical reality exists now.**



As we have stated before, *Life* lives through every living being, which results in different perceptions of reality.

*Life* comprises awareness of what is. Awareness cannot at any time be sensed or experienced, because it is what is behind the sensa-

tion and the experience. It is the presence of *Life* within you.

So you are *Life*. Through a formless and timeless awareness every living being experiences the eternally present reality.

Even though *Life* is eternal, your experience of it is only within the present now. Past and future are only constructs of the mind. As that might be quite clear to everyone, the fact that the present determines the future is often overlooked. That means your now, at this moment, determines your future. Reality is not a mechanical dead time apparatus – reality is conscious and you are interacting with it. Your connection to the present moment, to *Life* is thus essential for how *Life* will unfold towards you.

Be **lovingly** aware of the present.

# Your world

No effect of *Life* is random.



Every experience of reality is based on the specific consciousness of the living being.

Within this constellation, everything that happens is based on consciousness, therefore nothing that exists is truly random. Things can happen unconsciously. In the same way, things

happen in nature, but none of the events are random.

If things like luck or bad fortune are not based on some random system of nature, what is actually the driver?

Every experience of reality is based on our own consciousness. As discussed before, consciousness is not limited to the thoughts, feelings and memories about ourselves but about everything and everyone around us. Within every moment of our *Life*, *Life* will unfold for better or worse depending on how we react on specific situations.

As the expression of existence, everything within *Life* evolves into the wholeness that it actually is, meaning that every living being evolves into a higher form of existence as a way of returning to the completeness it was set out to be. With this, there is always the possibility to hook on to this driver.

In this way our consciousness, including us and everything around us, also unfolds to a high-



er form of existence. As soon as we are close enough in contact with *Life*, we also act out of it, or in other words, we act out of our real self – which is *Life*.

If everything around you is shaped through your own consciousness, and you influence in which direction this consciousness evolves, then it is you that determines your fate.

Everything you do, turns you down the one or the other road, just as your current situation is based on previous doings and decisions.

## **The eternal world**

If *Life* is the basis for everything that is, how is it possible that you have been separated from it before, and how can there ever be death?

The simple answer is, you have never been separated from *Life*, and death is not a persisting state.

Death is merely an event equivalent to birth, just on the other end of the continuously re-

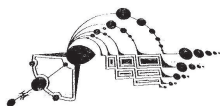
newing cycle. Death is not the opposite of *Life*, you are *Life*, and with that you have always existed and will always exist.

This world does not cease just because the tools you use – your senses and your brain – to experience and act within this reality come to an end. You are the eternal expression of *Life*.

And as stated before, it is your world, your consciousness that evolves with you. This consciousness is a personal perspective of the total reality.

# Completeness

**You influence everything in your world.**



This subjective world as you might want to call it, can be seen from different levels.

From the perspective of this book, it is not only how you interact with your surroundings that determines the outcome of your day. In other words, you influence everything in your

world, not only the living beings around you.

Existence, consciousness, awareness – *Life* – are not an outcome of a randomly evolved organisation of matter.

*Life* is what organises matter, and so you could say it is the reason for it and the motor behind it. Matter is just the definition of what we can see and experience with our physical senses whereas everything is an integral part of *Life* and is thus conscious.

Further, the development of the particular conscious being happens beyond any physical borders. You are of course not a thought within your brain, but an interactive learning loop of *Life*.

*Life* is a wholeness and so the certain being that you represent is merely a selection of a larger completeness. That means, death is the shift of your being towards a timeless, conscious state without a physical representation. Death is not a separation from *Life*, it is a separation from matter whereas you persist with

all you are beyond your physical representation as a perspective of *Life*.

In this way, *Life* is within and beyond time. With all that develops and all that lives. Whereas now is the present at which your physical experience takes place.

The reality you experience is an outcome of your conscious being, a representation of your perspective within the wholeness of *Life*.

So, *Life* is what it is. Yet, it is so much more profound than what we have been made to believe in.

Countless dimensions beyond the fact of matter, *Life* has levels of experience that we have yet to explore.

---

How do you let *Life* live through you?

You need to restore your connection to *Life* by focusing on the experience you have in the

present now. By acting out of that you let *Life* unfold towards you.

---

So, why not: trust the unknown within your deepest self, live through the eternal, and embrace the moment to discover the **love** within.

# Love



Just as consciousness, **love** has a multitude of definitions.

Here we point to the subtle sensation within yourself when you experience an excitement of *Life* that gives you a sense of belonging.

These moments can appear like a glimpse of an exposed infinity, and so we would claim it is actually the recognition of your own divinity. On the most fundamental level, we would conclude it to be the urge of *Life* to experience **love** through you as a conscious being that makes your very existence come true.

Living through *Life* means living through your true self. This way of living will result in a *Life* full of **love**.

When you experience **love**, this is *Life* finding itself through you.

---

Embrace and **love** every moment of your *Life*.

**Life Over Matter.**



# Epilogue

How do you **love** and embrace every moment of your *Life*?

Only you can answer that. To find out, take a few minutes once and again for yourself and be thankful for the experience of existence.

This book was inspired by:

Lao Tse

Martinus Thomsen

Eckhart Tolle

Matt Kahn

Adyashanti

Nishargadatta

Images were used with the friendly allowance

from [temporarytemples.co.uk](http://temporarytemples.co.uk).

Thank you very much for reading this book.

**It means the world to us.**