

# The Underlying Energy Basis of Reality

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Thomas A. Burns PhD.

Klamath Falls, Oregon

Because the Vast Array of Energy is So Minimally Perceptible to Humans  
And Because We Humans Are So Focused on Material Reality,  
We Are Mostly Oblivious to the Dominant Role Energy Plays in Reality.

There Are Five Essential Aspects of Energy Of Which We Are Now Aware:

Energy is the Only Universal in Reality,  
Energy Is the Formative “Ingredient” In All of Reality,  
Energy Is Everywhere, All the Time, and Totally Integrated,  
Energy Connects and Unifies All Aspects of Reality Into One “Entity,”  
Energy Is in a Perpetual State of Change.

In Addition,  
We Now Know That All Material Phenomena  
Can Be Understood as Concentrated, Integrated Energy.

As Waves and Fields at All Micro to Macro Scales  
Energy Provides the Foundation for All Matter.

Matter and Energy Are Transforms of One Another,  
But Our Material Reality Can Not Exist Without Energy,  
While Energy Can Exist Independent of Anything Material.

From Our Individual Cells to Our Tissues to Our Organs to Our Various Bodily  
“Systems” to Our Full Selves, We Are Completely Integrated “Packages” of  
Energy Totally Related to All the Rest of Reality Through Our Shared Existence  
As Entirely Integrated Energy Phenomena.

Our Consciousness, Thoughts and Emotions  
Are Ways to Describe Large Components Of Our Mental Energy.

As Energy, Our Consciousness Constantly Participates In Reality.

There is Nothing Special About This Fact Because Every Aspect of Ourselves  
Participates in Reality As Energy.

The Proposal of “Universal Consciousness” as an Independent Phenomenon  
That Creates Reality Is an Illusion Based  
On the False Material Perspective Assumption of Separation.

Language with the “Names” It Gives to “Different” “Things” and “Actions”  
Is a Major Source of This False Assumption  
Which Is Common in the Standard Human Conception of Reality.

We Need Language to Communicate, but We Must Realize that Language  
Is an Artificial Construct Imposed on Reality from the Material Perspective  
Which Assumes Separation Is a Fundamental Characteristic of Reality.

But, the Key Energy Function of Total Unification Disallows Separation.  
So, There Can Be No Independent “Universal Consciousness”  
Somehow Creating Reality.

Ubiquitous Energy Connects and Integrates All of the Material Domain  
As One Unified Phenomenon at Every Scale of Reality.

Energy Is Primary.  
It Is an Essential Component of All Matter  
And  
It Combines Everything Material and Energetic Into One “Entity”  
Infinite in Scope  
Across Human Groups, Global Species, Planets, Solar Systems, Galaxies,  
Universes, Multiverses, and All Dimensions.