

YOU ARE INFINITE

YOU ARE ETERNAL

YOU ARE GOD

AND MORE IMPORTANTLY YOU ARE ME

**Scientific understandings of our
common divinity and immortality**

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INTRODUCTION

“A human being is part of the whole, called by us ‘Universe’; a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison.”

~ Albert Einstein

Sometimes we gloss over quotes that are incredibly profound. We may think they are interesting, maybe even powerful, but often we do not fully appreciate how incredibly transformative they can be. So I invite you to read again Einstein’s words above: *“A human being is part of the whole, called by us ‘Universe’; a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison.”* As possibly the greatest mind of the 20th century, Einstein was a man of reason, a man of logic, a man of science. And his reason – his deep scientific investigation into the fabric of the cosmos – revealed to him that we are inextricably One with the whole of creation – that the uniquely human trait of experiencing oneself as being a separate individual, disconnected from all that is, is simply a delusion. Not only, says the doyen of modern science, is it a delusion, but it is a *prison* from which we must free ourselves. This great scientific mind tells us in no uncertain terms that you are literally One with All That Is, and that rediscovering this truth is the most important thing we can do.

So what does it mean to say You are infinite, You are eternal, You are God, and more importantly, You are me?

You are infinite – You are one with all that is. You are everywhere and everywhere. There is nowhere in the unimaginable vastness of the cosmos (or beyond the cosmos) that you are not.

You are eternal – You have always been, and you always will be. Before and during the 14-billion-year history of the universe, during and after the unimaginably vast future of the universe. You will never end.

You are God – if there is a concept of God that can either be proved or disproved then that concept is

not God. God is the sum reality of all that is – whatever that is – and therefore the only reality. That reality is incontestable. Being one with all there is You are not a part of that reality – that reality is You!

You are Me – as You are quite literally one with all that is, You are quite literally every ‘other’ person, every ‘other’ being, and every ‘other’ physical object on the living Earth and beyond. In realising this truth you realise that everything you do to ‘another’ you do to Yourself.

Put simply, you are not separate from creation or a separate *part* of creation. You *are* creation. God is not separate from creation or a separate *part* of creation. God *is* creation. All There Is is One. And so You Are this One. I Am this One. God is this One. Thus, You Are God, and You Are Me.

These statements are in stark contrast to the conscious experience of the vast majority of people on the planet for the vast majority of the time. Most of us, most of the time, believe we are a tiny capsule of physical matter or neurological activity in the brain, with a life span of around 100 years at most. Most of us fear death, or worse, annihilation. Most of us define God as a supernatural being, separate from our own lives and lived experience. Many of us fear this God (and even preach that we should), and many have killed or damaged others in God’s name. Many of us see other species, the earth itself, and even our fellow human beings – even those we are directly related to – as competition, as a threat to our own survival.

This prison, this ‘delusion of separation,’ has caused so much suffering on our planet. So many of us inflict so much violence, whether it be physical, emotional, or mental, upon other people, other creatures, upon the Earth itself, as a result of this delusion. So many of us inflict violence upon *ourselves* because of this delusion. As someone who has had an incredibly fortunate and blessed life, who has never had to undergo any serious trauma, who has no reason to harm others, in moments of clarity I look with bewilderment at the suffering I have inflicted – that I continue to inflict – on myself and others as a result of this delusion. And yet in moments of clarity, when I know I am one with All That Is – when I truly know that I cannot die, when I know we are God, that we are one another – and when I can live this realisation, for me, suffering comes to an end.

The Ancient Story Reborn

There is nothing new in the four statements above which form the essence of this book, apart from perhaps the exact phrasing I have made explicit in the title. They are not my statements, but are what I believe to be the essence of the spiritual reality taken for granted by our hunter-gatherer and indigenous ancestors for tens of thousands of years. In response to the rise of modern civilisation and the egoic human mind (the delusion of separation), they are the radical promise of salvation echoed by enlightened masters from every modern spiritual tradition. They are the realisation of a rapidly growing number individuals in our world today, and the essence of more and more voices proclaiming the shift in human consciousness taking place as we speak. And now, after the briefest of moments in history when science has seemingly questioned this reality, our most modern science is beginning to show these voices were true all along.

These statements are not metaphorically true, they are literally true. You *Are* infinite, You *Are* eternal, You *Are* God, You *Are* me. This is not feel-good metaphor, wishful thinking or new-age mumbo-jumbo. This is based on logic, reasoning, and literal, scientific fact. Having a degree in science, and as a high school science teacher and long-time left-brainer, I consider myself an

absolute realist. A realist however, who realises how incredibly limited – how extraordinarily minute – is our ability to observe the unfathomable vastness of the reality of the cosmos. Furthermore, I am a realist who has studied enough science to realise that modern physics, far from deadening the universe, now describes a cosmos which is so much more unbelievably extraordinary and mysterious than we have ever known before. Therefore, I consider myself an absolute realist, who is at the same time an absolute mystic and an eternal optimist – someone who is open to all possibilities.

The vast majority of this book therefore is based on science, and what we as a species are able to observe with our limited sensations and measuring instruments. In dealing with the infinite, the eternal, and the divine however, some ideas are bound to hint at the mystical, the mysterious, for many the unbelievable. At the end of the day this book is about all that is, and at the end of the day whatever is, *is*. No matter how advanced we become as a species, this ultimate reality will always remain a mystery. What the science tells us though, is that whatever that mystery is, You Are it!

Challenging Paradigms

For those, like my parents, who warned me upon hearing the title of this book to “be careful,” the statement “You are God” may be challenging, if not highly confronting. To many people of faith, it will be highly offensive. It does not need to be. As a young catholic boy, one of the first things I remember being told about God, is that God is inside me, and inside every other person, that God is in fact inside everything and is everywhere. This is a *central* teaching of Christianity, and in one way or another each of the major faith traditions preach the divinity that exists within all of creation. The problem is that few have ever taken it seriously. Rather than realising this teaching to be literally true, many people of faith see it as metaphor, and would find the claim ‘we are all God’ to be blasphemous, while at the same time continuing to literalise other teachings that themselves *were* always meant to be understood metaphorically!

Far from threatening an individual’s faith however, realising the truth in these four statements can deeply strengthen and enhance any existing belief system or spirituality. This description of God does not limit faith or limit God in any way. On the contrary, it is a springboard into the depths of an even greater faith and an even more glorious image of the divine. For those who wish to reduce God to the physical reality of the universe these statements may do so, but for those with a more mystical version of God they open up endless possibilities.

At the other end of the spectrum, while the statements ‘You are infinite, You are eternal, You are God, You are Me’ may be confusing, challenging, or just plain weird to some, many others reading this book have come to this realisation already. For many it is a given. For every spiritual master, from Jesus, to Buddha, to Sufi poets like Rumi and Hafiz, right through to numerous modern day gurus and teachers, this realisation is their primary experience and foundation of their teaching. Through study, through experience, or through spontaneous awakening, a growing number of ordinary individuals living today have come to simply know these statements to be true. For those, this book is nothing new, but simply a reminder, simply another voice that nourishes that deep inner knowing, that counters the voice of the mainstream that tells us such statements are crazy. In this way I would like to echo the words of Charles Eisenstein, who says in his book *The more beautiful world our hearts know is possible*:

“You might say I am preaching to the choir. Yes. But as a member of the choir myself, I am grateful for the wonderful preachers whose words have kept me here, kept me believing. Without

them I would have quit long ago and found a job greasing the wheels of the world-devouring Machine.”

Like Eisenstein, I simply wish to be another voice in the rapidly growing choir of voices proclaiming the mass awakening, or mass shift in human consciousness that is taking place in our world today.

To those of little or no faith, those who have rejected the notion of God altogether, this book is written for you. It speaks directly I believe to the materialist, even atheist mindset. As a teacher, having run numerous student retreats, and fulfilled various ministry roles in catholic schools, I have come across many young people who have said they don't believe in God. When I ask these young people 'exactly what don't you believe in?' my response to their answer is usually 'neither do I. But I don't think that is really God.'

As we will explore in Part Three, the reason an ever growing number of people, and particularly young people, are rejecting the notion of God is that what they have been told *about* God simply doesn't make any sense to them. They reject the God they have heard of the most loudly – the God of fundamentalist religion. On probing further however, it is clear that almost all of these young people do actually believe in what I propose to be the original understanding of the notion of God – the God of 'incomprehensible holy mystery' as Judy Cannato describes it, the God who John Shelby Spong says cannot be defined but can only be experienced.

Our attempts throughout history to define the indefinable – to put the incomprehensible immensity of All That Is into a box – while nourishing for many, has alienated a growing number of others, and understandably so. The problem however for so many who have rejected the God of fundamental religion is that we have thrown the baby out with the bath water. Religion attempts to give answers while mystery provides only questions. As humans we have a natural need to try to answer these questions (and this book is just another attempt to do so), but it is the questions that are the baby in the bath water. It is mystery, wonder and awe that *truly* nourishes and sustains our innermost cravings. Despite what the modern materialist mindset might say, we live in the most incredible, extraordinary, unfathomably vast, intricate, complex, and beautiful cosmos. The totality of this vast mystery is the original understanding of the notion of God, and as such something worth discovering more of. If you consider yourself to be an atheist then, and are still reading this, I think you will like this understanding of God, and invite you to read on with curiosity and wonder.

Regardless of who you are, or where you are on the journey of faith or spirituality, at your most fundamental level of awareness and being, *You* already know these statements to be true. We have all had glimpses of Oneness, and the ultimate peace that it entails. As Charles Eisenstein says, these glimpses come “maybe by grace, or through drugs, or being in love, and we believe in those moments that this is what it is supposed to feel like to be alive. Rarely, though, do we stay there for very long immersed as we are in a sea of pain.” The reason these moments do not last long is because the conscious human mind has tricked you into believing otherwise – to believing you are a tiny, separate being, limited, as Albert Einstein puts it, in time and space.

As arguably the greatest mind in history, Einstein's greatest ever insight can be found in his description of the human ego above. At a time when materialism, greed, terrorism and violence continue to impact more and more on an ever shrinking and increasingly globalised world, at a time when individualism and the breakdown of families and communities continues to wreak havoc on the internal world of individuals, presenting in stress, anxiety, depression and violence, our task *must* be to free ourselves of the prison that is our illusion of being separate from the rest

of creation. Our current stories of separation are no longer working. The time for a new story, or for the *rediscovery* of the ancient story of Oneness is now.

So what?

Finally then, this book will answer the “who cares” question. What does it matter – what does it do for me to know I am infinite, that I am eternal, that I am God? Simply, it means that in realising that you *are* infinite, eternal, and God, you realise that you are inextricably *Me*. You *are* every person, and every creature on the planet. You are the planet! You are creation, you are life itself. Significantly, You are not *a part* of life; you *are* life – all of it. The implications of this realisation are profound. It means everything you ever think, say or do to ‘another’ you quite *literally* do to yourself. This profoundly changes the way you live your life.

Furthermore, realising the incredibly minute insignificance of ‘the little you,’ and the simultaneous magnificence, grandeur, and omnipotence of ‘The Real You,’ tells me that the ultimate reality of the Cosmos / of God / of You *is* peace, *is* love, *is* joy. This message tells me with absolute certainty that you have nothing to fear. You are not alone. You cannot ever die. You *are* loved. You *are the* most beloved creature in the universe. You are absolutely beautiful. You are *absolutely perfect*. You are absolutely sacred.

Reading the book cover however is not enough. Simply believing these statements to be true on a cognitive level will not profoundly change your life. You must ‘know’ them on an experiential level. In Part Four we will look at the practices that actually shift this cognitive belief into experiential realisation. Many of these practices we already do every day – others perhaps we could do more often. Either way, infusing these activities with a deliberate awareness of this new paradigm will speed up your ability to actualise this experience in ‘your’ daily life. Living from this perspective then means you love all of creation as yourself. It means the end of hate, anger and violence in your own life. Globally realised, it is the end of war, famine and suffering. It is the foundation of true inner and therefore (by definition) outer peace.

Author’s Notes:

It is traditional to assign capital letters to the divine, either as a mark of respect or as an acknowledgment of ultimate sacredness. As such in referring to the real ‘You’ – the You that is infinite, that is eternal, that is God – I will use a capital ‘Y’. When referring then to the little ‘you’ – the you that we usually mean in using the word – the individual you who has a name, a body and an individual identity – I will use a lowercase ‘y’. While no one could deny the physical existence of your individual person, at times I will include the little ‘you’ in inverted commas to emphasise the delusion that is ego, or our identification as an entity separate to the rest of creation. Please note however that these distinctions are simply to differentiate the two understandings of the word. The little ‘you’ is no less sacred than the real ‘You’. On the contrary, by definition of this book they are one in the same.

I have written this book largely because I have found it difficult over many years to be able to articulate these ideas that now seem so obvious to me. As such, this book is largely for me. When finding it difficult to express my own spirituality with others I plan to be able to say ‘here – read this!’ The following ideas are a significant evolution from the faith and spirituality that I grew up with, but now provide me with an experience of peace, belonging and purpose greater than I have ever known. So while I have written it for myself, I hope others will find great meaning in it also. To those who end up reading it, I truly hope the following ideas might enrich your life in the same

way they have mine.

Science and Spiritual Truth

Finally, a story: An old yogi who had found enlightenment sat day in day out meditating under his tree. All day he would listen to the children of the village argue about the meaning of life, death, the universe and God. Each day, the villagers would arrive with the latest and greatest scientific findings, some true, and others not so true. The yogi would listen to their conversations and simply smile and nod. Then one day a villager arrived with incontrovertible proof of the ultimate reality of life, death, the universe, and God, proclaiming it loudly to the whole village. The villagers erupted into throngs of excitement and joy at this great finding, celebrating late into the night. Amidst the celebrations, the old yogi simply sat under his tree, smiled, and thought “getting closer.”

It may seem foolish to be attempting to substantiate profound spiritual truth within the field of science, which changes from day to day. And while much of the science cited in the following chapters may be proven to be wrong tomorrow, or even today, ultimate truth is ultimate truth, and science is always simply trying to catch up. And so while theories come and go, and while today’s scientific certainties become yesterday’s mistakes, our overall evolving understanding of the nature of the cosmos as told by science continues to point closer and closer to the reality this book suggests. So while the truth, which needs nothing, simply sits under its tree waiting, I choose to be one of the villagers foolish enough to proclaim his spiritual truth.

As a completely amateur writer, I claim to be an expert on zero of the fields that will be discussed in the following pages! This book is not a rigorous academic text, but rather a description of my own spirituality, at this stage in my life, and is subject to change! There are dozens of experts, books, videos and papers that provide much greater detail on the absolute interconnectedness of all of creation. Many of these are listed in the notes section at the back of the book. My purpose is not to replicate any of this work. As a teacher, I wish simply to take what I believe to be their common underlying message – that You Are infinite, You Are eternal, You Are God, and more importantly, that You Are Me – and to tell it in a way that I hope makes sense, particularly to the young people I have had the privilege to work with over many years. These ideas are true for me in that they work for me, and it is my hope that they might work for you too. So here we go!