

Article

## Is God One or Three?

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### Abstract

Although not generally recognized, modern physics as formulated in terms of the concepts of dark energy and the holographic principle can explain “God as both One and Three” in a way that is consistent with everything we scientifically know about the world. This article will explore these ideas and give an overview of what they imply in terms of science and spirituality. The concept of “God as One” is best understood in terms of the concept of undifferentiated and unlimited consciousness. This is the concept of consciousness as the unlimited, undivided and unchanging nothingness of the void, which can be called the One Consciousness. The concept of “God as Three” can then be understood in terms of the concept of the limitation of consciousness that arises with a holographic screen that projects all the observable images of the observer's world to the observer's central point of view. This is the trinity of the observer observing its own holographic world, which can be called the *I Am* Consciousness. Ultimately, the *I Am* Consciousness must return to, reunite itself with and become one with the One Consciousness.

**Keywords:** God, Unity, Trinity, holographic principle, science, spirituality.

### Introduction

Richard Rohr has written a book about the Trinity, where he states God is both One and Three. He also states this idea of God cannot be understood conceptually, but at some level can be directly experienced. How is it possible that something is beyond understanding but can be experienced? Rohr is also very interested in the connection between science and spirituality. Remarkably, there is a scientific way to understand how God can both be One and Three.

The idea of the Trinity is found in both eastern and western thought, as is the idea God as One. What's truly remarkable is that there is a fairly straightforward, natural and scientific way to conceptualize God as One and Three in terms of the holographic principle of modern physics. Although not generally recognized, modern physics as formulated in terms of the concepts of dark energy and the holographic principle can explain this connection in a way that's consistent with everything we scientifically know about the world.

This brief article will explore these ideas and give an overview of what they imply in terms of science and spirituality. The upshot is that God is both One and Three, just as Rohr says.

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## **The Measure of All Things, Motion of the Spheres & Atman-Brahman**

The basic problem is that when we say God is One we mean that in some sense God is the undifferentiated source of everything. Everything that we can observe in the observable world in some sense is differentiated from this source. Since this source of everything observable in the world cannot itself be some observable thing that we can observe in the world, it must be nothing observable, which can only be described as the primordial nothingness or void from which everything arises through some kind of a differentiation process. When we say God is One we are referring to this primordial, undifferentiated, unchanging and unlimited nothingness that is the source of everything observable in the world, including the world itself.

This primordial nothingness is God in its ultimate infinite, undivided, limitless, timeless and formless form. Since this primordial nothingness must also be the source of the perceiving consciousness each of us has that allows us to perceive all the observable things in the world, and since our perceiving consciousness must somehow become differentiated from the primordial nothingness as we perceive things in the world, it is natural to understand the primordial nothingness as undifferentiated consciousness. Our own individual consciousness, as observers of the observable things, in some mysterious way must become differentiated from this source of undifferentiated consciousness as the observable things are also differentiated from the source.

Modern physics is conceptually telling us with the holographic principle that this differentiation process is inherently a limitation of consciousness that arises with a holographic screen. The observer's holographic screen encodes all the bits of information for everything the observer can observe in its world, but also limits the observer's observations to those things observed with the limitation of space that we call a world. The Trinity of the observer observing its own observable world is always a limitation of consciousness. The One consciousness is inherently unlimited.

What does it mean to say God is Three? The answer is that in the process of the creation of an observable world, the differentiated consciousness of the observer must arise in relation to the observable things in that world through a process of observing them. This defines the Trinity of perceiving consciousness in the relation of the observer observing the observable things. This Trinity of perceiving consciousness is differentiated from its source of undifferentiated consciousness in the process of creating and observing an observable world. Since this Trinity of perceiving consciousness itself becomes differentiated from its source of undifferentiated consciousness, it is natural to say God is One in its ultimate infinite, undifferentiated, formless form, while God is Three in its differentiated finite form. This process of differentiation naturally occurs with the creation and energetic animation of an observable world and with the differentiation of an observer's consciousness observing that observable world.

In the non-dualistic language of Advaita Vedanta, the ultimate nature of God as One is the unlimited, unchanging, undifferentiated consciousness of the void, which can be called

Brahmanic consciousness, while the nature of God as Three can be called the Atmanic consciousness of an individual observer observing its observable world. In the famous words of Shankara: “Ultimately there is no difference between Atman and Brahman”.

As Amanda Gefter explains in her book “Trespassing on Einstein’s Lawn”, the key to understanding these ideas in terms of modern physics is to apply the holographic principle to modern cosmology. The basic idea is to understand that before the big bang creation event that creates an observable world and that simultaneously gives rise to the differentiated consciousness of the observer of that world, only the infinite primordial nothingness of the void exists, which is to say only undifferentiated consciousness exists before the world is created. All theories of the big bang creation event rely on the idea of dark energy. In relativity theory dark energy is understood as the accelerated expansion of space that always expands relative to the central point of view of an observer. In relativity theory, the force of gravity is understood in the sense of the curvature of space-time geometry as the local contraction of space, while the force of dark energy is understood as the accelerated global expansion of space, which is a kind of anti-gravity.

In the sense of the big bang, the central point of view of the observer is understood as the singularity of the big bang event. Due to dark energy, space appears to expand away from the observer at the central point of view at an accelerated rate, faster the farther out the observer looks into space. At some point space appears to expand away from the observer at the speed of light, but due to the limitation of the speed of light as the limiting rate of information transfer in three dimensional space, that point is as far out in space as the observer can see things in space. This point defines the two dimensional surface of a cosmic horizon that surrounds the observer at the central point of view. Nothing is observable to the observer beyond the cosmic horizon.

## **The Accelerated Expansion of Space, The Holographic Principle, and the Observer, the Screen & the Thing**

The holographic principle naturally arises if we apply non-commutative geometry to the surface of the cosmic horizon, which is a natural way of quantizing space-time geometry. Instead of locating position coordinates on the horizon with infinitesimal points, non-commutative geometry smears out those position coordinates into area elements that act like pixels on the surface. The natural pixel size is about a Planck area,  $\ell^2 = \hbar G/c^3$ . Just like a pixel on a computer screen, each area element on the surface of the horizon encodes a bit of information in a binary code of 1’s and 0’s. This happens naturally in non-commutative geometry since the normal way to define bits of information is in terms of the  $n$  eigenvalues of an  $SU(n)$  matrix, where the value of  $n$  is specified in terms of the horizon surface area,  $A$ , as  $n = A/4\ell^2$ . Each bit of information is like a spin variable that can either point up or down, which is like a computer switch that is either on or off, thereby encoding information in a binary code.

The holographic principle is a radical idea since it implies that all observations of things in our apparent three dimensional world are like the projection of holographic images from a two dimensional screen to an observer at the central point of view, much like the observation of images projected from a computer screen to the point of view of an observer. Those images arise from configuration states of information encoded on the screen. Holography is only possible since there is a kind of coherent organization of information that arises from the entanglement of information. All the bits of information encoded on the screen are entangled since they arise as the  $n$  entangled eigenvalues of an  $SU(n)$  matrix. The other radical aspect of the holographic principle is it implies that each observer has its own holographic screen defined by the way bits of information are encoded on its own cosmic horizon. In other words, every observer observes its own observable world as images of that world are projected from its own holographic screen.

How then is it possible for many observers to share a consensual reality? The answer is the kind of information sharing that we see in a network of overlapping screens like the internet. Each observer can share information with other observers to the degree their respective holographic screens overlap in the sense of a Venn diagram, which is possible because their cosmic horizons overlap. We can only share a consensual reality because of information sharing.

In the sense of relativity theory, Geffter defines the observer as an accelerated frame of reference, which occurs naturally in the context of the big bang creation event due to the accelerated expansion of space that arises with the expenditure of dark energy that gives rise to an observer's cosmic horizon. The cosmic horizon always arises relative to the central point of view of the observer. This central point of view is the origin of the observer's frame of reference, which is the singularity of the big bang creation event. In the sense of relativity theory, the observer is an accelerated frame of reference that can only arise with the expenditure of dark energy.

In the sense of quantum theory, the observer is a means by which the quantum state of potentiality is reduced to an observable state of actuality. The quantum state of potentiality is defined by all ways in which bits of information can become encoded on the observer's holographic screen, while the observable state of actuality is defined by the actual configuration state of information that gives rise to the observable images projected from the screen to the observer's central point of view. The sum over all ways in which bits of information can become encoded on the screen is equivalent to a sum over all possible paths through the information configuration space, where each possible path is an observer's world-line. The most likely path in the sense of quantum probability is the path of least action, which is like the shortest distance between two points in the configuration space and is the normal path for the observer to follow. In some mysterious way, the perceiving consciousness of the observer arises at this point of view while the observable images are projected from the screen in a process of observing them.

## **The Singularity of Consciousness and the Genesis Story of God Dividing the Light of Consciousness from the Darkness**

The even bigger mystery is: What projects the images? Just like the light of a movie projector is needed to project the images of a movie from a screen to an observer, or the light of laser is needed to project the images of a physical hologram, another kind of light is needed to project the images from a holographic screen to the central point of view of the observer. This light can be called the light of consciousness that emanates from the observer's own central point of view and is reflected off the screen as the observer perceives the projected images. Another way to describe the light of consciousness is as the observer's focus of attention on the images of its world, which emanates from its own focal point of consciousness and is reflected back to itself in the process of projecting images from its own holographic screen. But the biggest mystery of all is what gives rise to the observer's holographic screen and the differentiated consciousness of the observer at the central point of view, which can only arise in an accelerated frame of reference with the accelerated expansion of space as dark energy is expended. The only possible answer is the undifferentiated consciousness of the void.

Remarkably, all of these ideas are represented in the first few lines of Genesis:

In the beginning  
God created the heaven and the earth  
And the earth was without form and void  
And darkness was upon the face of the deep  
And the Spirit of God moved upon the face of the waters  
And God said 'Let there be light'; and there was light  
And God saw the light, that it was good  
And God divided the light from the darkness

Scientific Translation:

God in its ultimate unlimited, undivided, unchanging formless form is the undifferentiated consciousness of the void. This is God as One. The void is the darkness, the deep or the abyss. The creation of the world in a big bang event only occurs with the expenditure of dark energy. The face of the deep is a cosmic horizon or a bounding surface of space that arises with this expenditure of dark energy and the accelerated expansion of space, which is the nature of the observer's accelerated frame of reference. The observer's horizon acts as a holographic screen that projects all the observable images of its world to the observer's central point of view.

The differentiated consciousness of the observer is the Spirit of God, which is God as Three or the Trinity of the observer observing its observable world. The motion of the Spirit of God is an observer in an accelerated frame of reference. That accelerated frame of reference or motion is what gives rise to the observer's cosmic horizon. Emanating from the observer's focal point of consciousness is the observer's focus of attention on the projected images of its world, which is the light of consciousness that is reflected back to the observer in the process of projecting images from its holographic screen and observing them. The light of consciousness is good

because of the feelings of connection or unconditional love that naturally arise with the creation of a holographic world. These feelings of connection are due to the alignment of the flow of energy through all things in that world, which naturally arises due to the entanglement of information on the observer's holographic screen, which is to say everything is connected to everything else. This is the normal way for energy to flow through the observer's world.

This experience of love for this creation is why God the One created a world for God the Three to experience and love as that world is perceived. In the process of that creation, God the One divided the light of consciousness of the observer from the darkness of the void through the differentiation of the observer's consciousness. When this differentiation process comes to an end, as it eventually must when the flow of energy through that world comes to an end and images of that world are no longer projected from a holographic screen and animated in the flow of energy, God the Three must return to God the One. In physics this is called a freely falling frame of reference that must occur when the expenditure of energy comes to an end. Ultimately, God the Three must return to, reunite itself with and become one with God the One.

God the One is the beginning and the end. God the One is what exists before an observable world is created and appears to come into existence, and God the One is what exists after an observable world comes to an end and disappears from existence. God the Three is only present to observe that observable world during the time span of its creation, which is only for as long as energy continues to flow through that world and animate things in that world.

## **The Hero's Journey**

There are a number of interesting points that are worth making about this analysis:

1. God the One, which can only be understood as the undifferentiated consciousness of the void, is the ultimate nature of reality, but is beyond the reality of an observer and its observable world, sort of like a higher dimension is beyond a lower dimension. The reality of an observer observing an observable world is more like a virtual reality that arises within ultimate reality. The analogy of the world as a virtual reality is really quite perfect, since all the observable images of the observer's world are projected from a holographic screen to the observer's central point of view. The process of observing those images is a process of holographic projection, which tells us the projection process can only arise with the observer's light of consciousness that projects the images from the screen back to the observer's point of view, like the projected images of a movie projected from a screen to the point of view of an observer out in the audience.

2. Illusion and Reality. Understanding that an observable world can only arise within God the One explains why all things are within God. The exception is the observer itself, which as Genesis says is the Spirit of God. The Spirit of God can return to and reunite itself with God the One for the simple reason the individual consciousness of the observer is differentiated from the

undifferentiated consciousness of the void, and that reunion must occur when that process of differentiation comes to an end. This reunion always occurs through a process of looking within, which makes sense once we understand the observer's world is a holographic world. In the same way, the observer is not really a part of the world it perceives any more than an observer out in an audience is a part of a movie it is watching as animated images of the movie are projected from a screen to the observer. The observer only falsely believes that it is part of the observable world it observes. That false belief is called a self-concept, which can only arise as the observer falsely identifies itself with the animated image of its character in the movie of the world it is perceiving. This false self-identification is inherently emotional, as the perception of emotions is what makes the observer feel self-limited to the emotionally energized form of its character.

3. Truth Destroys Illusion. Inherent in every self-concept is emotional energy that keeps the observer identifying itself with its character. The process of looking within is the only way of bringing that expression of self-identifying emotional energy to an end, which is the only way the Spirit of God can reunite itself with God the One. When one looks within the first things one sees are all the false self-concepts that lead the observer to emotionally and falsely identify itself with its character. This can only occur because the observer feels self-limited to the emotionally energized form of its character as it perceives the expression of self-limiting emotions that relate its character to other things in its world. This mentally constructed character-based emotionally energized self-concept is always dualistic and self-referential. The process of awakening only begins when the observer clearly sees the falseness of all emotionally energized self-concepts and sees that in-and-of-itself it cannot be any observable thing that it can perceive in its world.

Awakening only goes forward through a process of surrender and detachment in the process of looking within, which ultimately results in a shift in the observer's focus of attention away from the mental construction of its character-based self-concept and onto its own sense of being present as a presence of consciousness. As the observer withdraws the focus of its attention away from its world, it also withdraws its investment of emotional energy that mentally constructs and animates its character-based self-concept. This awakening process only goes forward with surrender and detachment, which is the observer's willingness to give up and let go.

With surrender, the observer gives up its desire to control things in an emotionally biased and character-favored self-defensive way. The observer stops interfering with the normal flow of things and allows the flow of energy to come into alignment, which it perceives as feelings of connection. With detachment, the observer severs its emotional attachment to things, lets go, and allows things to freely come and go. The observer sees things with a sense of distance, which is the ascension of its consciousness to a higher level. The observer no longer sees itself as something that is a part of the world it perceives, but has come out of that world and can only know itself as a silent observer perceiving that world. That world is like a movie or a show that the observer is perceiving from its seat out in the audience. The ultimate awakening only occurs

when the show comes to an end and the differentiated consciousness of the observer returns to and reunites itself with the undifferentiated consciousness of the One Consciousness.

4. Plato's Cave and Awakening from Delusion. Modern physics is telling us with the holographic principle that the observer's experience of its world through the process of holographic projection, which is an essential aspect of perception, is inherently a limitation of consciousness that arises from a holographic screen. The observer's holographic screen encodes all the bits of information for everything the observer can observe in its world, but also limits the observer's observations to those things observed within the limitation of the space that we call a world. The observer observing its own observable world is always a limitation of consciousness.

Within that limitation of consciousness, the observer feels emotionally compelled to identify itself with the emotionally animated form of a person in that world since the observer feels self-limited to that personal form as it perceives the flow of animating emotional energy through that form. Once personal self-identification begins, the observer feels emotionally compelled to defend the survival of that personal form as though its existence depends on it, which perpetuates its emotional self-identification with that form as personally biased self-defensive emotions are expressed. Plato called this vicious cycle of personal self-identification being a prisoner. An observer emotionally identifying itself with a personal form is a state of emotional bondage.

Breaking free of this state of emotional bondage is only possible if the observer no longer feels self-limited to the animated form of a person it perceives in its world. This state of emotional bondage is like a hypnotic spell that monopolizes the observer's attention, and the process of breaking free of this hypnotic spell requires a shift in the observer's focus of attention. Surrender to unbiased divine will is an essential aspect of this shift in the focus of attention, since it brings to an end the expression of personally biased emotions. The willingness to sever emotional attachments and let go is also another essential aspect of this shift in the focus of attention. With detachment, one becomes able to see things with a sense of distance. With surrender, one becomes willing to allow things to play out in the normal way, and with detachment, one just observes things with a sense of distance. One is just watching as things come and go, but one's own sense of being present as the observer of things never comes and never goes.

The final step in the process of shifting one's focus of attention is disillusionment, as one sees that one can never be anything that one can perceive. With disillusionment, one loses interest in the perceivable things, and one becomes willing to shift one's attention away from things and onto one's own sense of beingness. One becomes aware of what one really is. One becomes aware of oneself as the self-emanating point of consciousness at the center of one's world that is projecting all the images of its world through the light of consciousness and that is perceiving those images as that light is reflected back to itself from one's mental screen. This is the highest sense of self that one can ever have, but it is still not the ultimate truth of one's being. To reach



the ultimate truth, one must go further, beyond the limitations of one's world and one's individual consciousness as an observer of that world and into the unlimited nature of One Consciousness.

The One consciousness is inherently unlimited. It is the source not only of all the observable things in the observer's world, but also the source of observer's perceiving consciousness. It is also the source of the observer's projecting consciousness, which is the light of consciousness. In-and-of-itself, the One Consciousness can only be described as nothingness and darkness, but when the light of consciousness is divided from the darkness, it gives rise to the creation of the observer's world and the perception of everything within that world. All things arise within the perception of consciousness, which is to say they arise within the point of view of the observer, but they can only arise through a process of projection if the observer is present to observe them, focuses its attention on them, and shines the light of its consciousness on them. If the observer is not present to observe them, then there is no process of projection, and nothing can be perceived.

When the observer is not present to observe its world, its world disappears from existence from its own point of view and nothing is perceived. Although we usually don't think of things this way, this happens every night when one falls into a deep sleep. One doesn't become unconscious in deep sleep. One's consciousness becomes aware of nothing. That nothingness is what one really is. To believe that one is something in the world one perceives is the nature of delusion.

Going further in the sense of awakening from delusion is not unlike deep sleep. When the observer becomes aware of itself at the highest level of Self or *I Am* consciousness and its attention is supremely focused on its own sense of beingness, then it brings itself right to the edge of the abyss that separates being present to observe its world and the appearance of its world from the void of not being present and the disappearance of its world. At this point, something very strange happens that is described as falling into the void and dissolution. *I Am* consciousness dissolves into One Consciousness. The light of consciousness returns to its source of darkness. The observer's individual consciousness ceases to exist, but consciousness does not stop existing. In some mysterious way, the observer's individual *I Am* consciousness reunites itself with and becomes one with One Consciousness.

Unlimited One Consciousness is the source of everything. It is not only the source of everything the observer can observe in its observable world, but it is also the source of the observer's *I Am* consciousness. It is the source of the light of consciousness that projects the images of things, the source of the mental screen that reflects the light, and the source of the perceiving consciousness that perceives those projected images. In this sense, everything is an illusion of the unlimited One Consciousness that arises from the limitation of consciousness. That limitation is inherently the nature of one's mind, which is a limiting mental screen. Unlimited One Consciousness is the only truth. Limited *I Am* consciousness can only know that truth through the awakening process of returning to, reuniting itself with and becoming one with the unlimited One Consciousness. In the famous words of Shankara: "Brahman is the only truth".

## **The Conceptual Nature of the World and the Thoughts of God**

Einstein famously remarked he wanted to know the thoughts of God. If we understand thoughts as concepts and understand God as the One Consciousness, the holographic principle is telling us that everything in the world, including the entire world as a limited entity, is a thought of God. Everything in the world is conceptual in the sense everything is a form of information animated in the flow energy. Even the space-time geometry of the world is conceptual. The world and everything in it is defined by bits of information encoded on a limiting holographic screen. That information is organized into forms that are animated in the flow of energy through the world. This is really no different than the concepts that arise in a mind. In a very real sense, this limiting holographic screen is the mind of God, and everything in the world is like a thought of God. The conceptual nature of the world is always perceived by the *I Am* consciousness spirit of God.

### **The First Concept: I Am**

In the sense that the world is conceptual, *I Am* is the first concept. The *I Am* consciousness is the nature of the observer observing its own observable world. All concepts are forms of information animated in the flow energy. Everything the observer can observe in its world, which includes all the mental concepts constructed in its mind, the dynamical nature of the space-time geometry of its world, every elementary particle in its world, and every other distinct thing the observer can observe, is a form of information animated in the flow of energy. Everything the observer can observe in its world is inherently conceptual. Before anything can be observed and appear to come into existence, the first concept, *I Am*, must come into existence.

The observer always experiences itself as a focal point of consciousness at the central point of view of its world with its own sense of being present as *I Am*. If we accept that the observer's world is created in a big bang event, this conscious presence is always present at the central point of singularity of a cosmic horizon that arises when dark energy is expended and space appears to expand away from the observer at an accelerated rate. Dark energy is what puts the *bang* in the big bang event. This primordial explosive energy of the expansion of space is what creates the observer's world, but also shatters the undivided unity of the nothingness of pure empty space from which it arises. This expenditure of dark energy is the nature of a differentiation process that differentiates the observer's *I Am* consciousness from the undifferentiated consciousness of the void. This differentiation process is inherently connected to the construction of a holographic screen that projects all images of the observer's world, which is the mind of God.

### **The Omniscience of God, God's Will and Free Will**

Does an omniscient God contradict free will? The answer is no, but this is really an incorrect question. The nature of free will has to do with the focus of attention of consciousness. The first few lines of Genesis state the individual consciousness of the observer is the Spirit of God. The

nature of divine will is an unbiased expression of God's will, which gives rise to the normal flow of energy through the world that animates all things. The critical point is that divine will is always unbiased, while the expression of individual will becomes emotionally biased. If the focus of attention of an observer's individual consciousness becomes emotionally biased in favor of its self-concept or ego, this is an interference with the normal flow of energy through all things that interferes with the expression of divine will. Emotional bias in an observer's focus of attention has a scientific basis in terms of quantum theory. The quantum state of potentiality is a sum over all possible outcomes, which gives rise to an interference pattern. An actual outcome is always a choice that must choose one of these possible outcomes from the quantum state.

The normal flow of energy through the world allows things to obey the laws of physics in the sense of following the path of least action, but can only occur with unbiased or random choice. If there is emotional bias in the way the choices are made due to emotional bias in an observer's focus of attention, this expression of emotionally biased free will is always an interference with the expression of divine will and the normal flow of energy through all things. This kind of emotionally biased interference is always an expression of ego that obstructs the normal flow of things. If one wants to lose one's ego, then one must surrender to and put one's trust in divine will. Genesis says the normal flow of things is good, since it leads to feelings of connection and the best of all possible worlds. Only one's surrender to divine will can lead to freedom from one's ego and give rise to feelings of connection and unconditional love that arise as the flow of energy comes into alignment. This kind of death/rebirth transformation is a process of dying to one's identification with a false self-concept and being reborn to one's true spiritual identity.

If God is truly omniscient and all knowing, then God is the totality of all consciousness. This kind of omniscient knowing doesn't just include past, present and future, but all possible outcomes in the sense of quantum potentiality. On the other hand, individual consciousness can only know about whatever outcome is actually chosen from the quantum state right now. This may seem confusing since the actual outcome chosen right now includes memory of the past and anticipation of the future, but it's still a right now choice. Individual consciousness and the expression of free will is only about the actual choice that is made right now, while omniscient consciousness is about all possible choices that can be made at all possible times.

Omniscient consciousness is about the potentiality of all possible choices while individual consciousness and free will are only about the actuality of a given choice, so there is no contradiction between them. Actuality is only a subset of potentiality, and so it makes no sense to try to reconcile them. Genesis tells us that the individual consciousness of the observer is always differentiated from the totality of undifferentiated consciousness of God in the sense that the light of consciousness of the observer is divided from the darkness of the void. God as One can truly be omniscient and yet God as Three can express free will. This is possible since God as One is outside of time, beyond any time-bound world, and makes no choices, while God as Three expresses its choices within time and within a world. God as Three can only reunite itself

with and become one with God as One if it gives up its desire to express free will and surrenders to the divine will of God as One. Surrender and letting go are always the first steps in awakening from delusion since they inevitably lead to disillusionment and the willingness to shift one's focus of attention onto one's sense of beingness and the true nature of what one really is.