

THEORY OF OBSERVER PHYSICS

by

Douglass A. White, Ph.D.

The answers to the following questions appear in the series of points in this article outlining the General Theory of Observer Physics. The numbers after each question tell you where to find the answer. If you want the answer to the question, go directly to the point in the theory where the answer appears.

Where does the Universe come from? (2) What is the Unified Field? (3) What is information? (8) What is time? (12) What is energy? (13) What is space? (15) How is information stored? (16) What is motion? (17) What is light? (24) What is mass? (25) What is gravity? (26) What is quantum spin? (27) What is electric charge? (28) What is magnetism? (29) Why does light seem to form a traveling wave that vibrates in two orthogonal transverse directions? (30) Why are protons much fatter than electrons? (32) What are photons? (33) What is the fundamental energy flow circuit? (34) Why are protons and electrons stable, and why do they all seem to look alike? (35) Where is the missing anti-matter? (36) What is inertia? (37) If you really want to know, here are the answers. You may not like them. You may not agree. But at least here is a coherent theory that gives a reasonable answer to each of these questions that physics fails to address. If you have a better answer, let's hear it.

1. **YOU** are the **OBSERVER**. You observe. You also may choose to participate.
2. **YOU ARE TOTALLY FREE** to think or do whatever you please. The only conditions are that you must exist and you must take responsibility for whatever you think or do. By your thoughts and actions **YOU CREATE YOUR UNIVERSE**.
3. **YOU ARE THE UNIFIED FIELD. YOU ARE IT.** That is all there is. You are the Alpha and Omega and everything in between. Sorry, old chap. Look as hard as you like, but you will not find anything else, so stop kidding yourself and own up. You can not pawn it off on God or George Bush without committing the logical error of shirking your own responsibility.
4. If you want a name for what you are, you can call it Pure Undefined Awareness or Pure Existence.

5. Do you ever feel lonely? Do you ever feel the need for love? Such feelings arise from your innate memory that the Unified Field is the final result, where you come from and where you end up. The loneliness and lack of love inherent in a Unified Field is what inspires you to create and maintain your universe, your world.
6. Your freedom includes unlimited possibilities. The only rule of the game is EXISTENCE. You exist, and can be whoever, however, wherever, and whenever you want. Such conditions only require a decision to define your undefined awareness. Sorry folks, SUICIDE does not work. Death merely momentarily modifies the condition of the venue. As the signs in the amusement park say, "YOU ARE HERE", so you might as well make the best of it. If it's a "sad song", only you can make it better. You will have to live and sleep in whatever house you make for yourself.
7. The ability to make a decision, to define your undefined awareness exists as a possibility among all your unlimited possibilities. If you want a name for that possibility, you can call it Will. Will is your ability to make a decision and define your Undefined Awareness.
8. The entire universe is a SINGLE POINT of focus floating in your PURE AWARENESS. It results from the decision to exercise your will and define your awareness, and it is made from nothing other than your pure awareness with a definition imposed on it. You can call this definition placed on awareness a BELIEF. A belief is defined awareness. The simplest belief is a binary contrast called by computer scientists a bit. Information is a set of bits, a set of defined beliefs.
9. The fundamental definition of this universe is the belief that it is NOT ME.

ME



NOT ME

10. How big is your universe? What is it like? All that depends on more decisions that you must make. All those decisions must be encoded into the single POINT, because that is all you have to work with, and it is nothing more than a pretended projection of you. What you call REALITY is your own

PRETENSE. THE REAL REALITY IS YOU.

11. You must decide how to encode the information of your decisions regarding your pretended projected reality so they do not simply dissolve back into undefined awareness and once again become only possibilities. The fundamental principle is that whatever information you encode in the POINT defines not only the POINT but also YOU because YOU are NOT the POINT. This is a handy and efficient principle: you get two for the price of one. By defining your world you simultaneously define yourself because you ARE your world. You can call this principle PHASE CONJUGATION and use it as a general tool. Now you magically have three things going: ME, NOT ME, and PHASE CONJUGATION (PC). Phase conjugation is the relationship between two disjoined items such that they are reunited as one. The funny thing here is that phase conjugation reminds you that your creation is just a game of reflection, a joke. NOT ME is NOT really NOT ME. It is really ME. It is only NOT ME by virtue of the decision to PRETEND it is NOT ME.
12. Now you have ME, NOT ME, PHASE CONJUGATION, and PRETENSE. Once you make a decision, the whole thing seems to start snowballing. You already have four things going and you have barely started to imagine possibilities. This is the basis of “four wave mixing”, but we do not yet know what waves are. The imagined belief that you have a NOT ME NOW and this is different from when you did NOT have a NOT ME produces what you can call TIME. You can start to “tell” time by the way the POINT flickers and therefore seems to change when you add new beliefs and/or reassert old ones.
13. The reality of your Awareness is that it is a fundamentally Un-defined state of existence. So every time you relax your focus of attention on the POINT it disappears back into Undefined Awareness. It takes ENERGY to focus back into putting attention on the dot that is your universe. Exercise of Will to create the focus of Not Me is a RESISTANCE to your being JUST AS YOU ARE, and requires a dynamic flow of awareness that you can call energy. Energy and time are thus two conjugate aspects of the same thing. The EXISTENCE of NOT ME is due to a RESISTANCE to being ME. Uncertainty arises when conjugate beliefs such as me and not me, or energy and time are simultaneously created in the conjugate two-for-one game. You must decide where you are going to put your attention. If you put your attention in two places at once, you divide your attention. This, by definition, weakens its unifying focus of attention on

awareness.

14. Now you have a little collection of beliefs by which you interpret a tiny point that you call your universe. The beliefs are all encoded in conjugate pairs. You need more encoding methods to get more information stored into the point. You can do something radically cool. You can jump into your universe and pretend that you are part of the NOT YOU that you call NOT ME. This is a double pretense game. Now you are an AVATAR. An avatar is an individual who creates something and then jumps in and participates in it. There are two kinds of avatars: those that pretend they are not avatars for one reason or another, and those that live deliberately as avatars. Harry Palmer has designed a little course introducing the AVATAR MATERIALS. This is a little refresher course for those who decide to stop pretending, get real, and start living deliberately. You might wish to read his little essay called **Living Deliberately** after you look over the principles of Observer Physics. (You can download Palmer's e-book by that title at www.avatarepc.com. You can also download plenty of exercises to get started on the experiential level.)
15. In order to get into the game that you created, you have to define a specific observer VIEWPOINT INSIDE THE NOT ME POINT. This has to be IN the POINT and NOT THE WHOLE POINT. This gives you a sub ME and a sub NOT ME. Now you have TWO POINTS. You also have inside and outside within the NOT ME. This is different from but analogous to the "outsideness" of primordial ME relative to primordial NOT ME. By creating and ASSUMING AN OBSERVER VIEWPOINT WITHIN THE NOT ME you create SPACE. A single point has no space. Two points suddenly give you the notion of more than one point. Now you can have as many points as you like and as many viewpoints as you like. You can even have as many universes as you like. Geometry springs forth, and you realize that you can encode information in SPACE. The PRIMITIVE NOTIONS of POINT and WITHIN are the conjugate undefined axioms from which all of geometry arises. Euclid's game begins.
16. When you jump in, you define two points that define a line. Because of the resistance that separates your viewpoint as a sub me from the sub not me you have a space of separation that is uncertain. Some mathematicians call this a NEIGHBORHOOD. You can fill it with as many points as you like. You can also make as many new viewpoints or sub not me points as you like and have

multidimensional spaces for storing all your beliefs. This is the archetypal memory storage device. You can partition it into RAM and ROM however you like and load in whatever beliefs you like.

17. Belief in a NOT ME and the notion of phase conjugation are ideas of metaphysics. When you jump into a VIEWPOINT within the NOT ME point, you create the primordial MOTION of physics, even if it is just an idea. Ideas have energy and motion. Motion is time from an observer viewpoint in the NOT ME. Thus motion is an illusion when viewed from ME. But every motion in the world of NOT ME has a corresponding motion in ME. The identification with a sub point inside the point gives you a primordial MASS due to the RESISTANCE you have to the way things are AS IS, and the motion gives the mass MOMENTUM. The conjugate to this mass with momentum is a DISPLACEMENT IN SPACE. The actual displacement is uncertain, and so is the momentum. But the minimum result is the point. This point with mass becomes known as the PLANCK MASS. It assumes a specific average size once you establish it in space with a few other basic beliefs that set up the rules of the game.
18. If you stop resisting, mass and momentum disappear. However you can still maintain space and time effortlessly in the form of motion without mass, energy, or momentum by linking them together, but not to momentum or energy. As you find out below, this is what some call “enlightenment”. The tradeoff is that you jump back out of the NOT ME and simply observe from ME as a transcendental observer in pure awareness. This is the only true objectivity. The Avatar tools show you how to do this. The Transcendental Meditation technique is another handy way to do this. There are other ways also. Avatars learn how to jump in and out of the NOT ME at will and how to manage it as a universe. If you follow the theory this far, you know that the jumping is virtual and does not actually involve going anywhere. Transportation systems are very low level games set up in the NOT ME.
19. You now have a universe consisting of mass-energy and space-time in which you can encode a tremendous wealth of information with which to entertain yourself. All of this depends entirely on YOU and the viewpoint that you choose for whatever role you want to play in your universe. OBSERVER PHYSICS is the study of how the unified field operates. The Avatar Materials are a set of instructions concerning how to manage your unified field.

20. The purpose of your universe is to entertain your ME in creative ways so as to resolve the reality of loneliness and lack of love that is inherent in a unified field. Thus the sole motivation for the universe is to create happiness through the expression of LOVE and FRIENDSHIP. As Maharishi Mahesh Yogi once pointed out with discernment: the purpose of life is the expansion of happiness. This may just be his personal opinion, but you might wonder: what is the point of needlessly creating or expanding suffering? In any case it is your choice and up to your creative use of intelligence how you handle things. The fundamental motivation you have for creating a universe from your unified field is to express love and friendship. (Otherwise why bother?) Love and Friendship form another conjugate relationship. You can not have love without friendship because Love is a relationship that means nothing by itself. Therefore the creation of COMPANIONS becomes an important part of the game. The theory of Observer Physics explains how you do this.
21. If you are reading this, you have probably created that you are a human being. This means that you have identified with a human body and perceive your world through the limitations of that particular type of physiology. All of this is a complex set of limitations you place upon your fundamental ME when you enter your world as a sub ME.
22. To see how it works, relax and pay attention, for example, to your visual field. Probably you have two functioning eyes that encode visual information in three dimensions and a spectrum of colors. Other creatures may have very different visual systems. You also have access to other modes of perception. The visual field consists of a roughly circular digital screen made up of millions of tiny dots each of which may flash with a point of light. You make the dots flicker on and off and multiplex them so that you get an impression of a continuous image displayed on the screen.
23. The widely used CD media technology reveals the way the system works. The information that you see is stored on a CD as an array of tiny dots. A laser scans the dots ONE AT A TIME and translates the sequence of dots into a visual display that may include shapes, colors, actions, and even sounds. The content of the information and the nature of the medium for displaying it are totally arbitrary. The structure of the storage medium is also arbitrary. Information can be stored spatially and temporally in the sub ME and in the sub NOT ME.

Any information stored in either of these is automatically (via Phase Conjugation) stored in the transcendental REAL ME because the whole system is a UNIFIED FIELD. Thus the REAL ME knows EVERYTHING. Stop kidding yourself. Stupidity is a clever pretense. If you start to pay attention, things clear up very quickly.

24. The most efficient way to read information and to process it is to use coherent light. Coherent light has maximum focus and phase conjugation. It thus is the ideal way to entangle or disentangle information. LIGHT IS AWARENESS THAT YOU DEFINE AS NOT ME. Undefined Awareness is ME. The two are the same thing. The only difference between light and awareness is whether or not you define them. Light is defined and awareness is undefined. Enlightenment is the realization that the light that you defined as NOT ME is really you after all.
25. MASS IS LIGHT REFLECTED THROUGH YOUR RESISTANCE. This is physical matter. The fundamental resistance is resistance to loneliness and lack of love. Turn that around and you have a desire for love and friendship. Family life, religion, “survival in the real world”, and all your personal goals are expressions of this desire in different forms. Desire is the flip side of resistance.
26. Jumping into your universe involves some funny twists that I outline in more detail in OP, 6 and 10: 46-49. The first twist is the two-for-one twist that sets up phase conjugation after the playful decision “Let there be a point of Light” that I pretend is NOT ME. The 180 degree phase conjugation of a virtual ray of pure light is no good for seeing anything, but it results in the potential of c^2 . This is a potential for interaction. The potential interaction is meaningless until you create a context of space and time. But there are two potential viewpoints, c and c^* (going in the opposite direction) that can interact. You have a mirror, and what you might be able to see is a reflection of your self. But you need a body to see something and you need a body to see with. The first shift creates the observer and his universe in a conjugate relationship. This is the origin of GRAVITY. Gravity is the reflection of an observer taking seriously his resistance to NOT ME so that NOT ME seems to have a separate existence from ME. The reality is that they are ONE and the same, so they tend to come together so they can restore the unified field. If the observer relaxes his resistance to unity, the virtual ray immediately melts away and returns to the

unified field state. Gravity then disappears. Do you experience gravity when you are asleep? Do you experience gravity when you completely relax? QED.

27. The line of light is actually a flat loop made by rapidly jiggling observer viewpoint back and forth between one point and another (the points that will eventually define a sender and receiver of information). By pretending to separate the observer from the observed, you as the observer twist 90 degrees to try to get out of the line. But the line is like sticky tape. The result is that you get the illusion that the line of light is curled up in a little circle. It looks autistic. This transcendental 90-degree twist from the conjugate line is the fundamental principle of projective geometry. To do this twist and still have the possibility of “seeing” the light requires keeping the observer half of the conjugate. So the conjugate line appears to split, and one half forms a circle while the other half watches from “outside” but still in a SUB ME VIEWPOINT. The circle appears to SPIN because you as the observer keep rotating 90 degrees in order to see the show. But you still can not see it.
28. By your 180 degree rotation you create the force of gravity. By your 90-degree rotation you create the electric force. The electric force is your resistance to the frustration that by rotating from the light line you still can not see anything. The electric force is much stronger than gravity because you must repeatedly jump out of the light line trying to see it when the truth is that you can only see within the light line looking directly into the single point. You are damned if you do twist, and you are damned if you don't twist. This is a very stressful form of resistance and can generate tremendous amounts of energy from very small points. The energy of gravity becomes strong only when you, relatively speaking, get very close to the singularity of the point. Then its energy overwhelms the electric force. The good news is that when you relax your stressful viewpoint, the energy of resistance turns into bliss, and you implode back into the unified field. Deliberately rotating (Sufi whirling) is a simple technique for restoring awareness of the automated whirling that you are doing subconsciously in the electric field.
29. In desperation you rotate again by 90 degrees in yet another direction. You now have three rotations in three dimensions. The first “rotation” is more like a conjugate reflection and defines the line of the light's propagation, the longitudinal vibration. The second rotation, which is 90 degrees from the

propagation line, defines the electric force. The third rotation, which is also 90 degrees, generates a magnetic force. The third rotation defines a proportion that shifts the scale of the light line and allows for perspective in three dimensions. It also gives you the impression that the circle component of the light line is a little sphere. The sphere reflects in ME as you becoming a little sphere that is commonly known as a thought. You now begin to experience the beginnings of consciousness – awareness perturbed with bubbles of thought present in it.

30. The various rotations of your observer viewpoint impart to the light a characteristic helical wave property along the line. The light does not travel anywhere. But the observer's shifting viewpoint can impart that illusion to it. The shift in viewpoint also may give the light wave apparent shifts in frequency, wavelength, or amplitude.
31. At this point in the game we have a ray of light that oscillates with two transverse waves and one longitudinal wave and seems to extend between a tiny ball and you, the observer. You as the observer are also a tiny ball. You are a reflection of what you see. The tiny ball you see is an electron. The electron jiggles about in space and time giving the impression that it is lots and lots of electrons. The electrons that happen to reflect backwards in time are positrons and have opposite electric charge. As a physical observer you essentially are a positron. You now can see the light by absorbing it into your little point-like sphere. As an observer you are an absorber. By observing the light you absorb it and it disappears in a tiny flash. Light fundamentally is a flash of awareness that passes in a vibrating line from an electron to a positron. However, there is a fundamental problem. The whole system is unstable and tends to cancel out at a moment's notice. The electron is pushed out from the positron by your resistance. When the two meet, they flash and then become virtual light/awareness once again. You need one more twist.
32. The magic masterstroke for making a stable universe is a final fourth dimensional twist that locks a positron inside an energy vortex that buffers it from its electron partner. The energy buffer is a lot of confused resistance that you put up around your tiny positron identity sphere. Physicists call that quark energy, and the composite system that results is called a proton. Protons are positrons puffed up with a buffer of confusing resistance intended to keep an electron partner at a distance. This is reflected in human society by the way women find all sorts of clever ways to keep men at a distance even while secretly

desiring them. Electric charge is the expression of the frustration of the poor male electron that can not get into the proton to mate with its positron partner and go out in a blaze of bliss. The whole universe and its evolution is the story of this extended foreplay. It is the original story in the annals of B&D. All the ritual courting dances of animals and men are memories of this great archetypal event. The locking out of electrons forces them to hover in orbits and creates the possibility of atomic and molecular structures. Only then are complex material structures possible.

33. Light also seems to have a particle nature in the form of photons. Photons are not actual particles because they have no rest mass. The notion of a photon arises because observer awareness must continually reassert its beliefs in order to continue to have experience. This means that the point of light must flicker on and off rapidly as it displays the information encoded as your beliefs. Producing light is like projecting a movie. There is only one photon that keeps blinking in pure awareness like the frames of the film in front of a projector bulb.. By shifting viewpoint you can create as many electrons and protons as you like that seem to coexist simultaneously. They are all identical clones, but can seem to be under various energy conditions and relationships. The viewpoint shifts are phase relations in your awareness, so there is no speed limit. Particles appear to move slower than light, and clone themselves into physical structures faster than light. The light never actually moves, and the photons are the apparent light impulses produced by the rapid reassertion of your attention.

34. The fundamental energy flow consists of photons (light wave-particles) that appear to emerge from the center of electrons and slowly spiral outward. As they spiral outward they accelerate until they reach a critical speed that you can call c . This speed occurs at a characteristic radius called the de Broglie radius. From that radius the photons radiate across free space as a characteristic helical wave until they encounter a positron that is usually embedded in a proton. Then they cross the proton's event horizon and start reflecting backwards in time. They spiral inward going slower and slower as they near the center of the positron at the core of the proton. When they reach the center they are at the point of separation that marks pair creation – the event of resistance that originally pushed them apart. The photons pop over into the electron's center and start spiraling out again. This is the fundamental electromagnetic energy circuit. Because it is a flow of energy caused by a vibrating observer viewpoint, the photon vibrates in a characteristic manner when it leaves the electron. The

electron also vibrates in a characteristic conjugate manner. These are secondary vibrations after the fundamental conjugate jiggle that is faster than light. Other variations to this flow occur as complex structures emerge.

35. The proton and the electron are both stable because the energy circuit flows endlessly in a loop, and you do not allow the electron to reunite with the positron. If you remove your observer resistance from the system, protons will decay right away back into pure light and then back into pure awareness. Once you know how to set up stable fourth dimensional systems, you can make them appear or disappear at will. This is often called mastery of the astral realm.
36. The missing anti-matter physicists wonder about is hidden inside protons. It is also the fundamental nature of YOU as an observer even though you generally resist so hard that you only pretend to absorb light by bouncing it off electrons. That merely disturbs the electrons momentarily. Thus the rest of the anti-matter is to be found in the realm of ME. Matter is found in the realm of NOT ME. But tiny cloned sub points of ME hide as positrons in the cores of all protons and neutrons. They all connect directly to ME through hyperspace, because all the points map into the one point that maps back to the unified field.
37. Light itself does not move. Nothing ever moves. All that ever happens is that the observer shifts viewpoint in awareness. This is a phase shift and has no particular speed or speed limit. Thus an observer can shift from any viewpoint in his universe to any other viewpoint. The only limitation on this movement is due to self-imposed limiting beliefs. For example, if you believe that you are a human in a human body made primarily of water, then you will be subject to the physics of water-based objects. Inertia arises from your resistance to experiencing your own beliefs. The more you resist your beliefs, the more solid they get until you are living amid solid physical systems. Eventually you can get to the point where you seem to become inert matter. However, your original ME is always there watching the show. It also never moves.
38. If you decide to take light as the standard for judging space and time (Einstein's suggestion), then you end up with three velocities, light speed c , superluminal phase velocity, and subluminal matter velocity. The bubbles of light tend to go slower than c , but the relations among the bubbles have no speed limit. Information is encoded by setting up relationships among the bubbles in space and time. Thus information has no particular speed limit. Information exists

only in relationships. These are phase conditions. The bubbles form the anchors for the phase conditions that occur among them. Light speed (c) is a measure for the expanded phase of the universe as space/time. Planck energy (\hbar) is a measure for the contracted material phase of the universe as energy interacting with time or momentum interacting with space. The interaction of these two ($\hbar c$) generates the appearance of physical matter moving about dynamically in space.

39. A final interesting step in the Theory of Observer Physics is how to create COMPANIONS. If you can clone particles of matter by simply rapidly shifting your attention, then it should be no problem to create other observers. Point 36 already revealed that the essential ME of the observer is present in the core of every proton. Thus we have a foundation for creating any number of other ME's. Each singularity point of a proton maps to the ME, and the ME is always just ME. But within the NOT ME the protons and electrons can build all sorts of structures. These structures reflect various combinations of bubbles of ME and they can become extremely complex. At a certain level of complexity they become able to reflect self awareness within the NOT ME. Eventually they gain the ability to discover the pure ME from within the NOT ME. They master the ability to shift from ME to any type of NOT ME with ease and to make any imaginable phase transitions in the NOT ME. Eventually they gain the ability to live the full value of the Unified Field through the medium of the NOT ME creations. If you followed the logical train of thought, then it should be apparent that the full value of the unified Field is inherent in any creation.
40. There are many other details and findings in Observer Physics, but these answer most of the really basic questions that physics has been struggling with. Further research will reveal that each principle is a rich avenue of exploration. Other articles on Observer Physics at this site take up some other findings.