

YOUR COMPENDIUM TO:

OUR FLOWING EXISTENCE
A JOURNEY TO COSMIC CONSCIOUSNESS

DAVID J. McKNIGHT

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Who Am I?

If you've ever honestly asked yourself this straightforward sounding question, then you know it's not quite so easily answered. Seriously pondering it for the first time myself there are aspects of my being that promptly leap to mind – loving father, committed husband, loyal friend, grateful son and proud Canadian. However, as the scope of this self-reflective inquiry naturally expands, I can see how this image of *who I am* quickly blurs itself into expressions of *what I am* – trusted advisor, sports enthusiast, deep thinker and aspiring author. And in light of this personal reflection filling the mirror in my mind, it dawns on me that what I'm really looking at here is the *where I am* – this unfolding of my life. The becoming of me.

How Did I Get Here?

I am who I am today because of where I've been. Life is a journey and just like you, the specific space-time that this body, heart, mind, soul and consciousness occupies is a result of my unique path, or shall I say past. Being in one's mid 40's has a lot of water under its bridge and standing here looking upstream through the course of my continuance, it's clear to me how everything happens for a reason – a full appreciation for countless moments, events, circumstances, choices, decisions and consequences that carry me to where I now stand. Life's reflection is a revealing one with some things memorable and others forgettable, but this chronicle of existence is mine and I choose to own it. In greater view of a personal journey I'm inspired to step back just a little further to see how my own eventful flow relates to the flowing movement of so many others, and from this vantage point these interwoven paths form a small section in a complex web of human relationship. From family, to friends, to community, to city, to country, to continent, this widening perspective now encompasses the entire Earth and as my mind reaches the boundary separating our fragile world and the space between the stars, I perceive a much larger web to weave.

Where Am I Going?

Crossing the threshold to a cosmic expanse this great big universe makes it hard not to feel so incredibly small. Life seems insignificant next to countless stars in the naked eye that are just a blip to the billions beyond our night sky and just when this awesome enormity threatens to boggle the mind, a crucial thought occurs: *this vast material cosmos is immaterial without us!* Sure, the external reality we observe is identified by our internal one (it gave us being, but we give it meaning) and from this conscious seat of significance a deep knowing can emerge – a true recognition that all before this high-tech age could only imagine. Yet unlike them our heads are down, and we've stopped dreaming; transfixed by the devices of our own uncertain times – this sleepwalking sojourn where the welcome is so long overstayed. An alarm goes off; it's time to wake up! The promise of a new day awaits and will become accessible to us when we look in the mirror and see ourselves for the very first time.

WHAT IS THIS COMPENDIUM?

In short, a compendium is a brief treatment or summary of a subject, especially an extensive one, and what subject could be more extensive than *the nature of consciousness and existence in our universe?* Such an all-embracing and far-reaching discussion could certainly do with a guide to get us started and that's what this compendium is all about – offering an abridgement to the release of **Our Flowing Existence: A Journey to Cosmic Consciousness** (see Appendix) and setting the stage for so much more to come.

Cosmology – the origin, general structure, and evolution of our physical universe, and Spirituality – the underlying purpose and meaning behind our material existence are deep discussions in their own right, so bringing them together under one roof is bound to create the need for a renovation to some outdated human headspace; a remodeling of mind and motive that is unquestionably in the best interests of this world going forward given the degeneration and decay its systems are subjected to. Dismissible yet dire, these are perilous times indeed, making it abundantly clear that the torchbearer of intelligence on Earth (sound human minds) must find a way to come together at some level toward a mid-course correction if we want to successfully negotiate the turbulent seas threatening safe passage through the 21st century. Asleep at the helm for quite some time now this change in direction will not come easy – nothing worth doing ever does. But if one by one we choose to open our eyes, take a good look inside, and bring the universe down-to-earth, we'll have the chance to uncover this profound connection to one another – a new understanding in our humanity where consciousness can shift, our spirits will lift, and the right choices can be made for us, our planet, and the diversity of life we share it with.



“Whatever is true spiritually and ethically about our circumstances has to transcend culture – our cultural differences. There is a reason we don't talk about Christian physics and Muslim mathematics. An experiment run here or in Baghdad actually works in both places if it's teasing out something fundamental about the nature of the universe, and the only thing that guarantees our human conversation remains open-ended is a willingness for us to have our beliefs about reality updated and revised by conversation. When the stakes are high we have a choice between conversation and violence both at the individual level and the societal level. The endgame for civilization is not political correctness and tolerating all manner of absurdity, it is reason and reasonableness, and openness to evidence.”

∞ Sam Harris

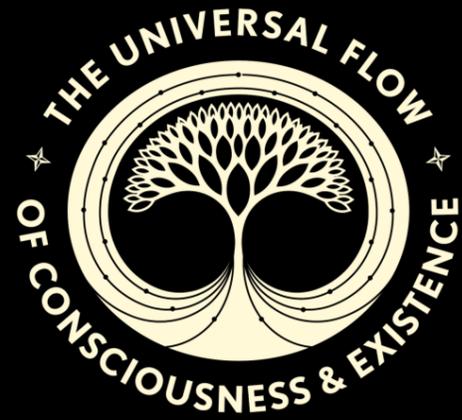
WAKING UP TO OUR IDENTITY

The stakes for civilization are precariously climbing which has inspired me to ask many people one very pertinent question to these tumultuous and troublesome times: **“What do you think is the biggest problem facing humanity today?”** Answers I received included overpopulation, climate change, a failing world economy, corporate greed, narcissistic world leaders, political corruption, religious blindness, terrorism, and human inequality to list a few. There was certainly no shortage of answers provided in laying out the long track of hurdles challenging the human race at this juncture of its existence; however no single response came close to the core crisis that confronts humanity going forward – maybe because the biggest problem on this entire list is the one that connects them all.

The human species is equally accomplished *and* inept. We learned how to command fire, wield complex tools, compose art, literature and music, master agriculture and domesticate animals – **yet we can’t control ourselves.** We achieved flight, traveled to the moon, launch space telescopes, probes and satellites, engage radio navigation and furnish fiber optics for instantaneous communication across the globe – **yet we haven’t made the most important connection.** We created the internet, developed medicine and vaccines, discovered the Higgs Boson, and mapped the entire human genome – **yet we don’t know who we are!**

In the face of this apparent irony that is well on its way to becoming truly tragic we find the biggest problem staring down the whole of humanity – **a complete lack of identity.** Think about it. The human race has nothing it holds as one aside from an Olympic flame that now seems suffocated by the same corruption, greed and self-interest threatening the entire globe, and the future of our children grows bleaker by the year until some common ground is found where we can cultivate a new worldview; one capable of burying the tired old ways of thinking and doing that sow the seeds of division across social, political, racial and religious lines – biased boundaries drawn in the sterile sands of separation where too many minds dig themselves in. Given how dysfunctional this world has become and considering people are not very good at looking within themselves as individuals which culminates at a societal level, pulling our heads out of the sand in time to discover who we are might be simply too much to ask, but the effort must be made and perhaps the best way to start is with a third-party perspective. Imagine extraterrestrials quietly observing our planet right now – a life form intelligent enough to get its act together and escape the evolutionary bottleneck of the mind that presently holds humans back. What would this alien audience watching our world stage see and how would they interpret our performance?

OVERTURE



E.T. Writes Home

Upon our approach to a beautiful world that shines like a gem in deep space,
 We saw it's enhanced by technologic advance and thought this might be the place.
 Enlightened minds have been so hard to find in all our efforts and drive,
 How exciting to see planets like these with the potential for awareness to thrive.

Settling in for observation I felt our frustration as this life form will not satisfy,
 Like a perverted invasion of greedy persuasion, they're sucking their own planet dry.
 Soiling rich oceans and polluting clean air these beings are wayward as hell!
 We laugh at their ways of chaotic display and how they're conducting themselves.

Innocent creatures stand by with distress in their eyes as they are led down a path to extinction,
 With horse blinders on another one's gone erasing millions of years of distinction.
 This species can't see all life is conscious like me and it's hard to watch such disgrace,
 Life is a treasure they fail to measure; these earthlings just don't know their place.

Race, creed and color cloud their sound judgement and prosperity's not wholly shared,
 Treating each other like crap there's a mind-set intact that keeps them fearful and scared.
 This world's at odds with its sanity paused, an identity crisis is certain!
 There's good being done but it's overshadowed by some who command the stage and curtain.

As we leave it behind to scout our next find little hope remains in their case,
 Only through kindness and a shedding of blindness will they reveal their one true face.
 Like others we've seen who got stuck in between and fell so close to success,
 It's tough to say if these humans will wake up one day and realize their own consciousness.

[Part 1]
WHO ARE WE?

WE ARE PREDATORS

In the pristine wilderness of the Middle Paleolithic circa 75,000 BC, a nomadic hunter-gatherer group stays on the move to keep warm. The endurance of their lean frames is excellent as they cover tremendous ground over extended periods in the wake of the flying creatures who preceded their direction days before. Experiencing true life on the run, these migrational human forebears kill to eat and use every competitive advantage at their disposal to satisfy basic needs so often taken for granted in today's economic jungle. Our Stone Age ancestors were successful survivors in a wild environment; instinctually driven to propel their genetic bloodline into future generations.

We are animals – a deep-rooted fact of human existence that some prefer not to admit, but a reality requiring acceptance moving forward if we wish to make progress in discovering ourselves. And human beings aren't just animals, we are predatory mammals who come by our behavioral tendencies and aggressive instincts honestly. I recall theoretical physicist and futurist Michio Kaku once suggest that if aliens ever visit us down the road, one can rest assured they'll be predators by nature. He's correct. There's a reason the human race didn't get to its current stage of planetary supremacy as passive herbivores.

Today we are known anatomically as *Homo sapiens sapiens* and what's far more inspiring than this repetitious classification is the fact we presently hold Earth's evolutionary high ground on the backs of all our ancient human forerunners who fought, scavenged, hunted and killed to eat and survive. Yes, we were once fully immersed in the natural order of things on this dynamic living planet – a predator-prey competition for survival that drives nature's fundamental food chain providing an essential mechanism for the becoming of intelligence witnessed in the remarkable rise of our species. An extremely successful animal that became this technology wielding life form whose capabilities are accelerating beyond competence to keep it all together, and as the wheels continue to come off our socially impaired machine governed by an unsustainable world arrangement, it's blatantly obvious that a new mind-set is required. Old ways of thinking, believing and behaving are perpetuating an extensive list of new world problems and we must remember Einstein who said: "No problem can be solved from the same level of consciousness that created it."

We desperately need a jolt of awareness, or better yet, a flash of realization with the power to shine through the dark clouds of an old-world order – a bright light of insight and reason that can begin healing decades of blindness, mistreatment, runaway expansion and

destruction. On this reckless and perilous path we all currently tread it should come as a surprise to no one that humanity must take its next evolutionary step soon – a shift in the direction of human thinking to be illuminated by the realization that our consciousness itself comes from a place far more primal than our predatory ways.

WE ARE LIFE

We are life, and to be living is to be part of nature – this great evolution of existence that we should all have genuine gratitude for. Beyond the multi-million-year progression and growth of our own species, the tree of life that human history is organically connected to has roots extending billions of years into the ground of Earth’s deep past; an abundantly rich field of creation from which our earthly subsistence stems. As human beings we belong to something so natural and pure. An ancient and intrinsic bond between life and planet that feeds a special kind of relationship – this cohesion of being that can sometimes make it difficult to determine where the Earth stops, and life begins. When worlds like ours are located at a comfortable distance from their host star and they possess the right conditions (like liquid water) to produce and procreate living organisms, they become vibrant cradles full of potential where life can emerge and biodiversity may thrive.

In the Universal Flow of Consciousness & Existence the genesis of living things is not a one-off. Standing firmly on the rung of cosmic awareness we’ve climbed to, it’s simply not reasonable to suggest life is exclusive to this globe. After all, the Earth is but one planet in the entire Milky Way: a single spiral galaxy containing up to *400 billion stars*. It’s true; our galactic address is like a needle in a haystack that becomes exponentially harder to find when you consider our Milky Way alone is just a run-of-the-mill star system – one among perhaps a trillion individual galaxies populating this observable cosmos where we reside. The scope of our material reality is truly astonishing, and we’ll go much deeper into these facts and more coming up in *How Did We Get Here?* For now, it’s important to grasp the entire physical universe as *a playing field of possibility* where life can emerge, evolve, expand and escalate towards the stage of consciousness, the actuality of existence, and the level of intelligence we enjoy as a species today. Look around you, living organisms are everywhere; our planet is teeming with them. Life has enriched the natural world for billions of years and you are one of its most advanced forms.

Stepping back to appreciate the big picture of our existence we will see how this universe observed today is participatory in nature – how it gave us being and we give it meaning. We play an essential role in this reciprocal reality where the ascension to sentient life forms like us provides our universe with the vital platform needed to unfold its intelligence through the expression of consciousness and from what we can tell so far, human beings are the highest known form of this conscious expression. Seriously, we haven't been on the lookout for all that long and the search of course continues, however to date, there's no reported sign of advanced life coming from anywhere beyond our home turf. Although humankind has proven itself extremely mindless and foolish with the ongoing destruction of its only habitable environment, we are quick learners when we want to be and clever enough to recognize in the cosmic panorama that our species possesses something special given where it has climbed to on the evolutionary ladder – taking in a view of the universe where Earth's not the only game in town, but one of its players looks exceptional.

At first glance, our advanced intellect might appear a unique occurrence in the cosmic wilderness; however, deeper examination reveals variables in nature are wild, underscored by the belief over 99% of all species that have ever graced this globe have gone extinct over time. Without a doubt, human beings are relative newcomers to the life-scene on Earth; ushered into our leading role of planetary dominance courtesy the show-stopping asteroid that brought the curtain down on the Cretaceous Period 66 million years ago – a periodic reshuffling in the deck of life that dealt a death blow to the dinosaurs and a helping hand to the rise of mammals from which the human branch would eventually diverge and grow. How long has it taken our species to get to where it is right now on the tree of life? If we condense the almost 4 billion years of life's total existence on this planet into a single day (24 hours), the timespan from the earliest human ancestor to our present moment profile is barely enough for the average reader to complete this single page, and the run of time for anatomically modern human beings like us would put Usain Bolt's lightning fast 100-meter sprint to shame! No, we *Homo sapiens sapiens* haven't been around for very long in the grand scheme of things, but we've certainly advanced rapidly in recent times; rising above the planet's natural order to become this legitimate force of nature that now wreaks havoc upon it – a living storm of pollution spewing from a population spiraling out of control and like Jupiter's Great Red Spot our presence is now a serious sore on the face of Mother Earth. Clearly the consumptive impact of modern man on all fronts is plain as day, while the true potential of our conscious nature remains locked away – an abundant source of power just waiting to be discovered at the very heart and soul of a human being.

WE ARE ENERGY

What you see every day when you look in the mirror is not what you really are as the reality of your physical self goes so much deeper than this surface reflection. Let us embark on a revealing trip to the core of your material being to discover the very essence of what you are made of. Look right now at the tip of your index finger – left one or right one it matters not.

Visualizing the magnified surface of your detailed digit coming into view, we watch textural fingerprints quickly succumb to higher resolution as the sharper contours of this organic envelope appear. Diving deeper into the pores and stratum of an alien-looking landscape, the cellular nature of your skin reveals itself with millions of individual cells comprising its fleshly substance, and as we continue to microscopically unravel this biological fabric it's evident that every single cell is in turn made up of a mixture of molecules exhibiting a predominance of H₂O. From a bodily perspective alone you are a container of mostly water, and pushing past this meld of molecular material exposes an existence of atoms; trillions of atomic configurations, once believed to be miniscule solar-system-like structures with electrons in orbit around nuclei containing mostly empty space, that are in reality just probability waves in a quantum cloud of uncertainty, and by focusing your attention towards an individual “haze” of hydrogen (H – the most basic element in nature), the very act of your observation is what collapses this wave function to uncover a single electron surrounding a solitary proton which forms the atom's nucleus. Theoretical physicist Richard Feynman once declared: “If you think you understand quantum mechanics, you don't understand quantum mechanics.” but we do know that the subatomic proton at the heart of this hydrogen atom isn't the end of the line, as we can delve beyond the level of its structure (using particle accelerators) to reveal the building blocks of your nuclear nature called *quarks*; elementary particles so unimaginably minute, trillions upon trillions of them would fit on the end of a pin! To say that beauty (or truth) is more than skin deep is obviously a massive understatement here as we have finally arrived at the smallest known constituents of matter comprising your fingertip, and any effort to dig further into this sub-nuclear quarry of quarks necessarily invokes abstract mathematics and quantum theory with the leading edge suggesting that every single elementary electron and quark in your entire body is a vibrating string – a hypothetical framework describing an oscillating and interactive arrangement which plays the harmonious music of your material existence.

Now take a good look around you – everything is made from the same subatomic stuff that you are. *Everything*. From the perspective of our material world you're a conscious creation floating in an expanse of elementary ingredients and by looking at your being this deeply you aren't just viewing it with two eyes, you are observing it with three. The optical pair above your nose and a third "I" that is your feeling, thinking, and knowing self. By reducing our physical realm to its quantum state of particles, waves and vibrational energy, one will see this inner "I" – their intelligence – is the most fundamental thing they have.

Your capacity runs deep – as deep as the universe.

WE ARE THE UNIVERSE

Putting a finger on the source of our phenomenal existence as human beings is crucial to finding our identity, because at the end of the day to know who we are is to know where we come from, and by virtue of humankind's insatiable thirst for knowledge combined with the continual advancement in our technology, the passionate and painstaking pursuits of scientific inquiry and experiment have done a wonderful job of unveiling this creative cosmos in which we all live. For hundreds of years through telescope and microscope we've analyzed the roots of our being in a sweeping spectrum of scale, from the stupendous superclusters of galactic structure to the astonishing field of quantum construction, with a burning desire to understand what makes the physical universe tick. In fact, the underlying truth behind our material nature is something man and womankind have been trying to find since antiquity and although we are closer than ever to completing the detailed picture of one complex reality, like a pending masterpiece that begs for its final brushstrokes, the most important aspect in this cosmic work of art is missing.

The centerpiece to the intricate puzzle of our flowing existence can only be found in the one thing we all share but unfortunately, it's the one thing we barely recognize, and until woman and man altogether understand that the key to this wondrous cosmos is inside each and every one of us, we will forever remain in the dark. In light of the Universal Flow, a new connection for humanity emerges and in the compelling evolution from an embryonic beginning to this conscious life form capable of comprehending its own existence, we will discover ourselves within the depths of our intelligence. We are the universe trying to understand itself and the enlightening story of how we got here is about to begin.

[Part 2]

HOW DID WE GET HERE?

To access remainder of this Compendium

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