

Essay

A Simple Explanation of "Who I Am"

Cyd Ropp*

ABSTRACT

For most people, the answer to "who am I?" is that I am my self-aware sense of "me" encased in this body of mine. The simple explanation theory says we are that, but also we are the things we love and hate, plus the record of our actions in this world, overlaid upon our Unit of Consciousness ("UC"). Think of a UC as a perfect echo or wave form "shaped" exactly like God's mind. You might say our universe is populated by exact echoes of God's primordial UC. The Units of Consciousness are all identical--they're all reflections of the God UC. What make "me" different from "you" are the patterns of meme bundles and karma that overlay or filter out our Units of Consciousness. The Self UC is a perfect reflection of the God UC. But "I" (the subjective sense of "me") am not that perfect, due to meme attachments and karma.

Key Words: God, Unit of Consciousness, Self, memes, karma, meditation, death, reincarnation.

"I" Am Not My Ego

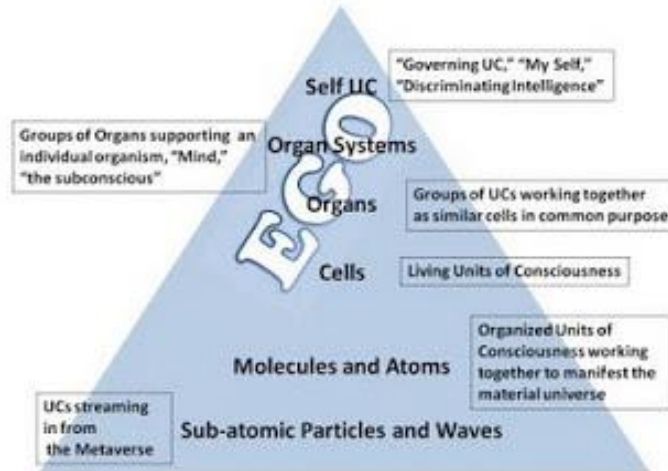
My *Ego* is not really "me," even though that's who I usually think I am.

We think of the mind and ego as ourselves, but this is the delusion. Yes, the "me" package reflects our personalities, but "I" am much more than the meme bundles and karma of this personality.

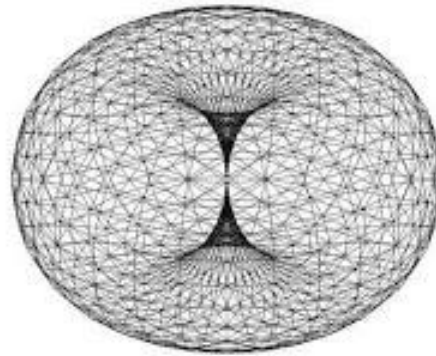
Nor am "I" my mind. My mind is a tuning device that scans for and locks onto "my" meme bundle. The Ego feeds on the memes tuned in by my mind. My mind is directed toward its preferred memes by my karmic record. Ego is not a conscious entity. Ego is only a construction--a garment cast over; a vessel containing; the shadow outlining, "my" self's Unit of Consciousness (UC).

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Underneath the garment of "me" resides a perfect fractal of the originating unit of consciousness, my Self. "I" am a Unit of Consciousness, identical to the universal Unit of Consciousness.



Universal Unit of Consciousness; the Primordial Fractal
(Source/Credit: InnerSense, Inc.)

"I" have the choice at every moment of time to either identify with "me" and my bundle of memes, or to identify with the universal unit of consciousness and the bigger picture that transcends personal identity.

- The Egoic "Me" is selfish, competitive, single-minded, short-sighted, meme-bound;
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- Transcending Ego, "I" reach out to others with love, help, and information for the betterment of all.



(Source/Credit: josephluis; openclipart.com)

Here is a more detailed definition of "I":

For most people, the answer to "who am I?" is that I am my self-aware sense of "me" encased in this body of mine. This Simple Explanation theory says we are that, but also we are the things we love and hate, plus the record of our actions in this world, overlaid upon our Unit of Consciousness. Think of a UC as a perfect echo or wave form "shaped" exactly like God's mind. You might say our universe is populated by exact echoes of God's primordial Unit of Consciousness. The UCs are all identical--they're all reflections of the God UC. What makes "me" different from "you" is the pattern of my meme bundles and karma that overlay or filter out my UC.

The Self Unit of Consciousness is a perfect reflection of the God Unit of Consciousness. But "I" (the subjective sense of "me") am not that perfect, because of my meme attachments and karma.

Who Am "I" After Death?

We've established that the "soul" associated with this material body is a perfect replica of the original unit of consciousness. If, during life, my Unit of Consciousness is affected by the aggregated UCs of my body (my "meat and mud"), what if anything affects my perfect UC after the body passes away?

Perhaps the individual "me" that persists beyond death comes down to my ongoing karma. If this is the case, then the "me" that continues to influence the fate of the Self Unit of Consciousness after death is nothing but the holographic pattern of all the choices ever made by my Unit of Consciousness. In life, this karmically generated vibratory pattern attracts or repels the memes associated with my meme bundles. The memes I think of as "me" are not a part of my Self UC, but are drawn to me by my karmic pattern. It is my karmic record that attracts and repels the patterns of memes surrounding my life at any moment. That the "you" that exists between material incarnations is nothing but your karmic record is proved by one of our basic assertions that all Units of Consciousness are fundamentally one and the same, and that all UCs begin their individuated journey as perfect echoes of God. Then it follows that "I" develop as a result of my choices and the choices of others--"I" am my perfect Unit of Consciousness enshrouded in karma and the memes that my karma attracts.

In Yogic philosophy it is said that an enlightened Yogi has become free of attachments and can therefore perceive the Oneness of all things. The Simple Explanation of this phenomenon would be that the Yogi has successfully laid down all of his or her memes and can therefore perceive his or her perfect Unit of Consciousness stripped of its karmic shroud. Freed of personal memes and karma, the Yogi can instantiate God's will without delusion. The same phenomenon is known as "buddhahood" in Buddhism, and "sainthood" in Christianity. According to tradition, these liberated UCs are no longer bound to this material world by their discarded memes. If they do return to earth, it is in order to help others by sharing love and information for the betterment of all.

A Simple Explanation of Reincarnation

Reincarnation is a meme common to most world religions and spiritual traditions, with the notable exception of contemporary Christianity. Many ancient as well as modern philosophers also incorporate the reincarnation meme into their philosophies.

Wikipedia defines reincarnation as "entering the flesh again." Depending upon the particular memes held by one's belief system, it is said that after a human dies they may reenter their next life as a newborn human, or possibly an animal or some other form.

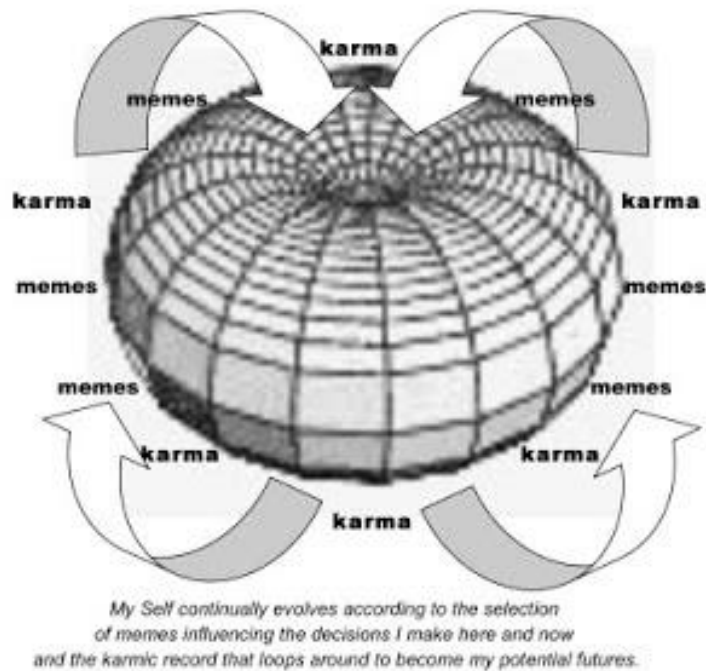
The *Simple Explanation* defines reincarnation this way:

Death breaks the bonds of a Self UC's current material instantiation, but not its karmic pattern. The freed Unit of Consciousness continues its existence at a non-material level until its karmic pattern causes it to reattach to a particular newly instantiating aggregate, at which time it is born again into Creation.

The *Simple Explanation* suggests that reincarnations are not random events, but the continuation of karmically-mandated cycles of consequence that do not end with death. It is not logical to expect the consequences of one's actions to end at one's death--if you cut off someone's ear and then die, does the person's ear suddenly grow back? No. Consequences of behavior are not affected by the death of the doer.

The memes that one favors in life also continue to live on in the shared transpersonal field after one's death. They were not the UC's property or invention to begin with, therefore it is safe to assume they also continue on after death.

In the Simple Explanation model, "I" consist of my karmic pattern, the memes I hold onto, and the "*aggregate UCs of my material body, from the subatomic particles to molecules to cells, all the way up through the UCs of the body's organ systems*" overlaid upon my Self's perfect Unit of Consciousness. In terms of reincarnation, it is only the aggregate UCs and their associated material bodies that change from incarnation to incarnation.



In practical terms, here's how I see reincarnation playing out. This particular person, Cyd, is composed of a Self Unit of Consciousness that is a fractal replication of the Universal Unit of Consciousness, and virtually identical to the Universal UC. Overlaid upon the Self UC is Cyd's personality, which is largely defined by the memes Cyd holds onto, *plus* Cyd's karmic record which inclines Cyd's choices this way and that, *plus* Cyd's physical body and its desires and limitations.

When this particular physical body is no longer able to sustain the constellation of UCs that make up "Cyd," this particular hierarchical collection of UCs will disband their union, and all Units of Consciousness more complex than the molecular level will also "die" along with the governing Self Unit of Consciousness. This means that at death not just one soul passes away, but the souls of millions of aggregate Units of Consciousness, too. You could say that the "meat" all dies, but the "mud" lives on. (The molecular, atomic, sub-atomic UCs do not pass on at this time, because they are still able to do their respective jobs.)

Every newly instantiating piece of creation needs a Unit of Consciousness to oversee its life. At every conception, be it a leaf or a seed, a cell, an organ, or an egg, perhaps even a planet or a galaxy, nature's karmic computer attaches a governing Unit of Consciousness. "Cyd's" UC will probably cycle into another newly aggregated body of UCs who all, in the most perfect way imaginable, "deserve" one another. This new Cyd will resemble old Cyd to the extent that new Cyd adopts old Cyd's memes. These memes will be drawn to new Cyd by way of old Cyd's karma, which attracts some memes and repels others. Cyd's new body may also carry some physical traits forward from the previous life in the form of epigenetic patterns that cause genetic traits to turn off and on, as karmically determined. It's likely that new Cyd will be a human, not just because Cyd was human before but, more persuasively, because Cyd's particular karma and

meme bundles best instantiate a human form. (*If Cyd loved to swim and surf and thought about surfing nonstop and spent all her time on the water, she might as well reincarnate as a porpoise.*)



Looking up during yesterday's walk in the woods

A Simple Explanation of Meditation

Scientific research has proven that the brains of regular meditators function differently than those of non-meditators. For one thing, more information travels through the meditator's corpus callosum, uniting left and right hemispheres. For another thing, meditators recover more quickly from emotional upsets and startle reactions.

What is it about meditation that causes these effects?

The general process of meditation involves sitting quietly and stilling the mind through concentration. Various schools of meditation encourage concentration through a variety of techniques--attention to breathing, uttering a repeated mantra such as "Lord" or the word "om," focusing on the "third eye" between the eyebrows, or upon love and heartfelt connection beyond oneself. Any method that quiets the mind's chatter will do. Interior silence must be achieved. The goal is relaxation, a sense of perfect peace, a feeling of bliss, or union with God.

Quieting the mind's chatter during meditation achieves two things. First, it allows you to temporarily lay aside your meme bundle and briefly unite with your governing Self's Unit of Consciousness; secondly, interior stillness provides the empty space needed to go beyond the boundary of your personal Unit of Consciousness to perceive the reassuring sheltering presence

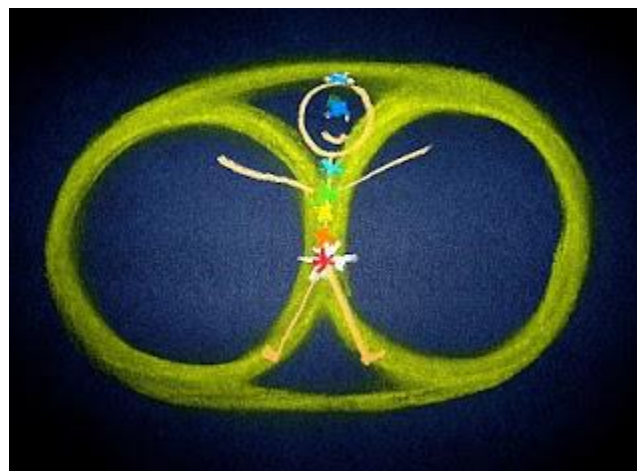
of the universal unit of consciousness. Spiritually oriented meditation techniques refer to this transcendence of personal identity as recognizing the essential Oneness of All, or as approaching the Throne of God.

These chalk drawings illustrate a simple way to picture meditation:



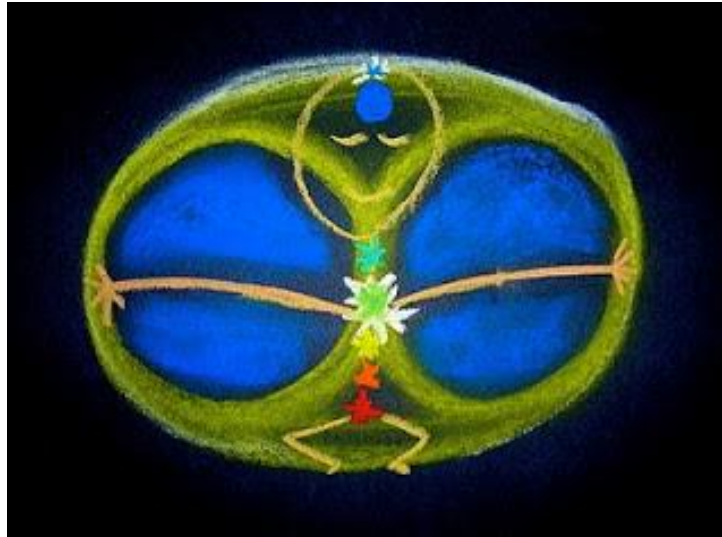
This first drawing represents our nested universal space. You are seeing a cross section of a torus, or donut shape. The red center represents the material universe; the white arrows represent proto-energy radiating into our universe; and the beige is our Self's governing Unit of Consciousness. The yellow shell depicts the Universal Unit of Consciousness, known as God. The torus is in constant motion as information falls down through the vortex, passes through the middle, and exits out the bottom to go up, around the exterior, and back through the vortex again.

During ordinary consciousness, our Self is engaged in the material-based world. According to Yoga philosophy and energy healers, an observable red current of life-giving energy (*prana*) runs upward from the base of the spine. Since our toroidal model indicates that matter and energy are generated from the center zero-point of the conscious universal field, our human bodies could occupy our personal Units of Consciousness thusly:



This illustration represents the human chakra field drawing universal proto-energy (*ananda*) through chakra one at the base of the spine.

During ordinary, matter-bound consciousness, human awareness is entirely trapped within the mind's perceptions of the material universe. These matter-bound perceptions include both processed sensory stimuli (*touch, taste, hearing, smell, sight*) and thought ideations in the form of meme chords and karma. In this state, the Self's governing Unit of Consciousness can only occasionally influence the "mud-up" mind. You could say that in the ordinary state, the matter-bound mortal is "out of phase" with his or her Self Unit of Consciousness.



During meditation, the source from which the body draws energy shifts from chakra one at the base of the spine to chakra four--the heart. Yoga philosophy characterizes the heart as the door between the material and spiritual. When the mind is perfectly still, the heart swells with love and with joy. We propose that during meditation, the human goes "in phase" with pure consciousness, uninfluenced by perceptions of and opinions about the material world. This phase shift brings the mud-up mind into full contact with not only its own governing Unit of Consciousness but, with practice and patience, the individualized Unit of Consciousness resonates entirely in phase with the Universal Unit of Consciousness.

At that stage of advanced meditation, when one's personal identity Unit of Consciousness becomes one with the Universal UC, the seventh chakra at the crown of the skull channels unimpeded information and coherence directly through the "top" or aligned metaversal funnel. At the same time, the personal toroidal space is entirely in phase with the Universal UC and "pressed" directly against the coherence boundary, stimulating an unparalleled sense of love ("Divine Love"). Also, universal proto-energy pours through the "spiritualized heart" at the core of the meditator, bringing an unrivaled sense of bliss to the meditator.

One technique meditators employ to achieve this advanced state of love, bliss, and awareness is to balance their ascending (chakra one) prana with their descending (chakra seven) spiritual energy (mud up/spirit down) so that they meet at the (chakra four) heart center. Perhaps this model's simple explanation may help with that endeavor.

Communing With the Soul of God

The book, "The Second Coming of Christ/The Resurrection of the Christ Within You", was assembled and edited by the Self Realization Fellowship from numerous writings published by Paramahansa Yogananda during his lifetime (1893-1952).



Paramahansa Yogananda (Source:SRF)

Yogananda taught his followers a modified Kriya yoga technique of "scientific meditation" as the way to open up intuitive vision and access direct knowledge of "God" or, alternately, "Reality." The following quote from his chapter on Jesus and Nicodemus (John 3:1-8) leads into a discussion of what it means to be "born again":

"All bona fide revealed religions of the world are based on intuitive knowledge. Each has an exoteric or outer particularity, and an esoteric or inner core. The exoteric aspect is the public image, and includes moral precepts and a body of doctrines, dogmas, dissertations, rules, and customs to guide the general populace of its followers. The esoteric aspect includes methods that focus on actual communion of the soul with God. The exoteric aspect is for the many; the esoteric is for the ardent few. It is the esoteric aspect of religion that leads to intuition, the firsthand knowledge of Reality." (Yogananda, p.240, vol. 1)

According to the *Simple Explanation*, the exoteric, public image of a religious institution is defined by the memes held by or rejected by that institution. The "moral precepts" and "doctrines, dogmas, dissertations, rules, and customs" are the particular memes and meme chords that define membership in that institution. Many religious meme chords are shared by members of diverse religions. Religions generally share, for example, belief in the overarching "God" meme chord, and generally agree on most of the lesser-included memes that make up the God chord, such as memes concerning God's omniscience and omnipotence, and the importance of communing with God in prayer. Then come the memes religions do not share in common--memes of saints and saviors, histories, and other customary beliefs. The memes they do not share set them apart from each other.

A *Simple Explanation* of the esoteric aspect referred to by Paramahansa that focuses on "communion of the soul with God" is that such communion is not of the religious meme-sharing

variety, but involves its opposite--meme shedding. When one's grip on habitual thought patterns relaxes, their governing UC intuitively aligns itself with the metaversal principles embodied by the Universal UC. During these brief or extended periods of alignment, "firsthand knowledge of Reality" is glimpsed.



"Glimpsing God" through a toroidal skylight at Sagrada Familia Cathedral.

Exoteric knowledge is often defined as knowledge available to anyone, whereas esoteric knowledge is reserved for the innermost circle of devotees. This definition makes it seem as though true knowledge is being withheld by those in power. Yet, if one adopts the *Simple Explanation's* definition of meme-based vs. intuitive knowledge, then esoteric knowledge of God is truly available to any and every believer. The only limitation is the believer's own willingness to suspend attachment to their personal meme bundle long enough to allow their Unit of Consciousness to align with the Universal Unit of Consciousness.

When the memes are set aside, i.e. thought is suspended; language suspended; the person's governing UC remains. This fractal Unit of Consciousness underlies the memes. Unencumbered by meme attachments, the person's governing UC aligns with the Universal UC. This condition is called "bliss" in Buddhist and Yogic teachings. "Be still and know that I am God" is how the Bible says it (Psalm 46:10). Verse 16 of the Tao Te Ching says, "Be still. Stillness reveals the secrets of eternity," (J. Star translation).

To "be still" is to suspend attachment. Knowing comes during the still point between the pendulum swings of breath and thought. To "be still" is how we hear God. Be still.