

Introduction

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Most certainly you have seen pictures of ice crystals, these most beautiful and wonderous hexagonal artworks. Maybe you have also heard or read that no one single ice crystal looks the same. In fact they are all different.

Now let's do a thought experiment: Let's transform all the water of planet Earth into ice crystals. All the seas and lakes, all rivers and streams, every ocean and all the water that is inside the Earth ... and even now the result would be the same, every single ice crystal would be unique. And to stretch our imagination even further, let's expand this experiment and include all the planets and moons in our solar system, within our galaxy, in the whole universe, and still there are no two ice crystals looking the same.

Now, one could say, how can this be, water is just a simple molecule, H_2O , the way we learned it back then in school. And yes, that is true, but it is only a model used to describe the reality. Reality itself however is much more deep and profound. Think of a map and the real landscape.

There is another phenomenon that challenges our imagination. The so called quantum entanglement. It postulates that very tiny subatomic pieces are connected across infinite distances. Also, there are scientists who state that local changes in gravity do have an instant effect to all things around them, even have an effect on the entire universe. This insight moved a scientist to formulate the following poetic sentence: Pluck a flower somewhere on Earth and you will move the furthest away star in the universe.

Such is the nature of our beautiful universe and you are an inseparable part of it. You are so much more than an ice crystal. You are also unique, irreplaceable and connected with all that there is. This reality of the universe is accessible to you in every instant, now and forever.

You too have a model of your reality, of who you think you are in your head. The following texts and paragraphs intend to help you to come in contact with the real you. In case you do not agree with something or see it differently, not a problem, just ignore it, just pick the stuff that inspires you.