



## **A Perfect Universe?**

My friends

I recently returned from a trip to Las Vegas where I attended a spiritual conference. It was so amazing to be surrounded by people who are so committed to personal growth and development. The energy was indescribable. There were +/-3000 delegates who attended the conference and what was inspiring is that +/-95% of the individuals were on a personal journey versus a company conference. One thing was clear though; they all had come to seek answers. If there is one thing I took away it is that people are all the same. We are all in PAIN in some form or other (As was so aptly put in a DVD I saw, "It always rains in our lives.") We are all seeking answers; be it in our personal relationships, in our financial dealings or just to try and understand why we are here?

There were many speakers who all had a different slant on the basic "truths." On a personal note I attended the conference to meet and see the man who has had the most impact on my journey and that is Wayne Dyer. His talk was calming and clear. It went straight to my soul. If I had to pick one talk that made the most impact on me, it was Deepak Chopra. He opened his talk with the following 5 questions:

Is there a God?

Does she care about me?

Do I have a soul?

Where do I go when I die?

Do I have a purpose?

WOW, 5 powerful questions which I believe we all spend our lives trying to answer. All the speakers acknowledge one fundamental truth – it all comes back to GOD.

I would like to focus a series of articles on these questions with reference to the talk of Deepak Chopra as well as the other speakers. I would like to share with you how Deepak approached these 5 questions together with my take on life. I do not promise answers; what I do promise is something to think about and lots and lots of questions.

### **Is there a God and if so does she care about me?**

Is life an accident? If you take your life and retrace where you came from for 50 generations you will be amazed at what you find. Firstly the amount of people involved is mind blowing. Secondly the perfection in the right decisions at the right time in order that you came about is amazing. All it needed was for one person to say: "Sorry honey I have a headache" and voila, you would not have been born. If you see the universe like this then it is amazing that you exist. This points to a perfect universe where there are no

accidents. Now if you believe it was an accident that all of this happened then isn't it amazing that you exist. Surely there has to be something creating all of this?

We live in a synchronized, perfect universe where there are no accidents. Creation is not an accident. The perfection of the blooming flower and the flight of a bird's wing is living proof of this perfection. So does God exist and does she care about me? Well, if you look around you will see an awful lot of proof. The problem is we just don't stop to look or listen and when we feel uncared for or done in, we blame and say: "there is no God." It's in the Silence that you will find the answers. When we are still we experience peace. As it so aptly says in the bible: "Be still and know that I am God"

Consciousness lies behind all intelligence in the universe. Our challenge is to link into this consciousness and just be... "A lifetime is like a flash of lightning in the sky – Buddha".

So what is consciousness? Well I have a few questions. Where do thoughts come from? How do they arrive in our head? What sent them here? And more importantly, Why? Consciousness to me is our present; in the NOW; experience of life.

This is quite a bold statement and I am pretty sure people will be saying, where is the proof. It is at this point we turn to Quantum Physics. Briefly put quantum physics is a branch of science that deals with discrete, indivisible units of energy called quanta. Basically it is the study of energy. Quantum physics shows that the whole world is just energy. There is higher faster energies (light, love) and lower slower energies (physical form, hate, darkness).

When we take a cell, the basic unit or building block of a physical human body (a single body has 100 trillion cells), and observe through a microscope, we move into the world of atoms. We then go sub-atomically into the next level and drill even further down until eventually all we have is space between particles. It is at this level that we realise that we are just energy and space. The application of this principle to all that exists is frightening.

What this suggests is that whatever we want in our lives is energy and we are already connected to it. So why is it that we have so many things in our lives that we don't want and are missing so many things in our lives? This is the mystery. In Genesis it says that God created everything and that everything God created was good. So why do we have so much bad stuff happening?

I don't have the answers but what I do know is that it ultimately comes down to faith. Faith that you are loved, faith that you are a perfect creation, faith that God does exist and that she does love you.....

Be inspired, live life, love always... Love is the key!!

With love

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