

## The Integration of Energy: Coherence and Congruency

### The Key to Coherence

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When I live according to the moral and the ethical principles I am guided by, I say what I think, I do what I say and I feel what I do, furthermore, I consume food that nourishes my body in a healthy way, it is then that I can say that I am living my life with coherence and congruency. Coherence is a word derived from the Latin word *Coherentia* that means knitting, that makes an internal connection possible allowing for the establishment of a relationship among the components of any system. In this way there is integration of energy allowing for the flow of information to achieve a state of harmony. Harmony is a synonym of unification, so that nature can use energy efficiently. In other words, nature always invests the minimum amount of energy to get the maximum benefit from the system it operates on. We humans tend to do the opposite, that is, spending lots of energy for very little return. Nature always works with coherence to get congruency. Congruency refers to how things occur. It is in this way that the Biological processes that nature uses to sustain life are possible on planet Earth.

In our daily life, such components are the intention, the purpose of such intention and the meaning we give to the purpose. Therefore, we can say that there is a what (intention), a what for (purpose) and a meaning (why) that interact among themselves in such a way that for every what there is a what for and for every what for there is a why. Coherence allows for the unification of these components in such way that congruency can be established. Thus, everything is linked to everything else, we are one and we are many, one is all and all is one. This is called congruency.

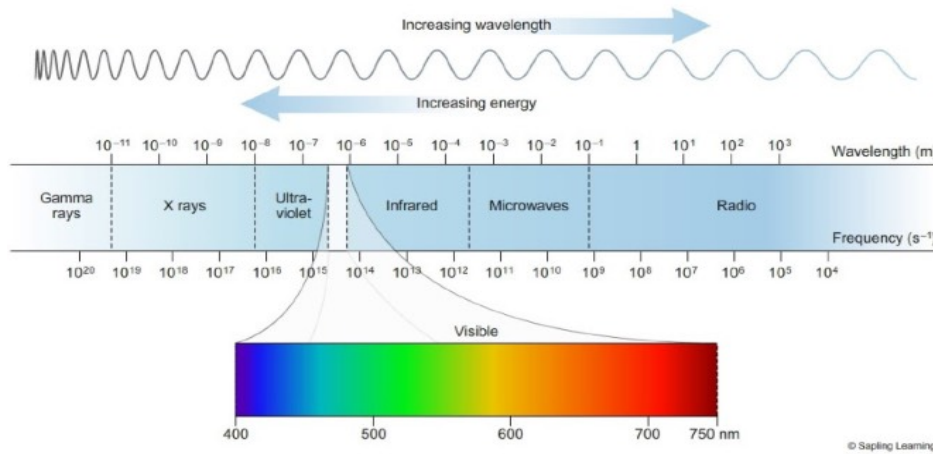
Lao Tse summarizes coherence and its relationship with our thoughts and actions in the following way:

Watch your thoughts  
they become words  
Watch your words  
they become actions  
Watch your actions  
they become habits  
Watch your habits  
they become character  
Watch your character  
It becomes your destiny

Furthermore, it is possible to establish an analogy to explain what I mean by the integration of energy using the electromagnetic spectrum shown in figure 0 where the waves represent the components of spectrum. As the wavelength reach values between 750 nm to 400 nm the visible spectrum is defined.

These are the colors we can see in nature. When the colors blend into one through the action of spinning energy, the color white is defined representing the unification of all colors, we call it light. Thus, we can call it harmony, as all colors have become one and the one color is made of all the colors. Therefore, harmony becomes a synonym of unification and it is represented by white light.

Light is made of two components, electricity which can be regarded as the flow of particles called electrons, and a flow of waves called magnetism.



**Figure 0. Electromagnetic Spectrum.** The electromagnetic spectrum is the series of waves that are created by disturbances in electric and magnetic fields. They are arranged in order of increasing frequency and decreasing wavelength. Every wave on the spectrum is technically ‘light’; they all travel at the light-speed of 300,000 Km/sec, and only a tiny portion within the range of 400 to 750 nm of the spectrum is visible to us.

The components that integrate the field allow for the flow of informational energy to be in harmony as shown in figure 1. The 7 colors of the rainbow when they become unified blend into white, the color of light. So, coherence is the consequence of a harmonious interaction, that results in congruency.



**Figure 1. Coherence.** Coherence is represented by the flow of energy that works efficiently. The sequence of colors in the outer part each hexagon, range from the red (750nm) to the violet (400 nm). Inside each hexagon there are 6 colors which alternate themselves in a counter-clockwise spin fashion, starting with the orange, follow by the yellow, the green, the blue the indigo and the violet within each hexagon.

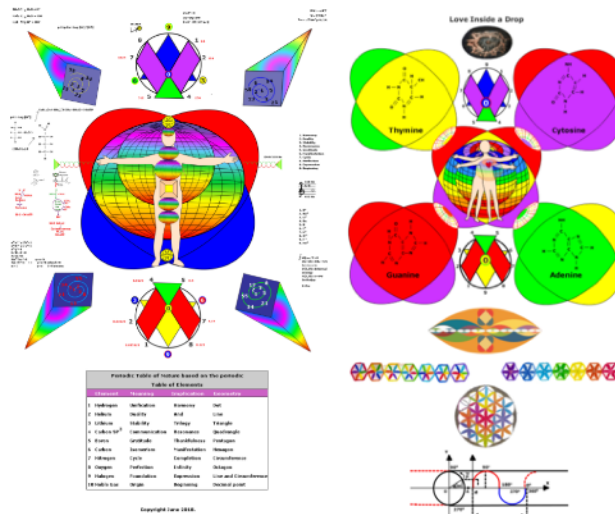
As human beings we tend to work against nature, that is, we spend energy instead of investing it and we do lots to achieve very little for the effort we put into our respective lives. Nature, on the other hand, works in coherence to achieve congruency, so that everything becomes unified and simple as shown in

figure 2. The result is efficiency, that is, to get a minimum input with a maximum output, investing instead of spending and achieving instead of wasting. It is in this fashion that biological processes in nature become sustainable and they allow for life to be possible on this planet called Earth. This is because of self-regulation and self-duplication that are the product of coherence and congruency respectively.



**Figure 2. Congruency.** Congruency is the consequence of coherence. The 7 hexagons that result from the coherence established by the outer sequence of the colors of the rainbow, are based on their wavelength. The figure represents the congruent unification place of energy, as all the colors have fallen into place defining the position and the color of the hexagon that contains them.

The representation of congruency allows us to appreciate the flow of energy, so that things and events in our lives occur at the right place, the right time, the right reason, and with the right person. In other words, what we want to achieve becomes easy and effortless, that is naturally as it was meant to be from the beginning. This is because of the integration of energy through coherence and congruency. The key to coherence was designed to open the door to bring harmony into our life based on the principles of Coherence and Congruency as shown in figure 3.



**Figure 3. The Key to Coherence.** The key to coherence has two faces. The face showing the 4 pyramids represents coherence and contains the periodic table of nature, that includes the components that allow for coherence. The face with 22 hearts represents congruency. The fusion of the four hearts results in the formation of the seed of life, that results in the flour of life. So, the basic components that allow the key to coherence to work the way it does are: Love represented by the 22 hearts and the intention represented by the pyramid on the bottom left side.

In this way, we need to be coherent in our life so that energy flows freely and with efficiency so that we can enjoy our nature as human beings. Our natural state of being is happiness, so that we can enjoy the 86,400 seconds that are equivalent to 24 hours or one day. Being happy is the result of being coherent in regard to our thoughts, words and actions. When we say what we think, and we do what we say our life becomes coherent. Therefore, we can invest the minimum amount of energy to give us the greatest return..... health, wellness and a state of wellbeing second by second. This allows us to be happy as this energy flow is a gift we call the present and benefits our spiritual health, our emotional health and our physical health.

Deepak Chopra in this book entitled: Ageless Body Timeless Mind, mentions that a healthy mind has a significant impact on a healthy body and vice versa, allowing us to live longer while looking younger. Therefore, as the seconds become minutes, the minutes become hours, the hours become days, the days become weeks, the weeks become months and the months become years, we can enjoy a long healthy and happy life.

In the book entitled Siddhartha by Herman Hesse, we can read the following when Siddhartha is talking to Vasudeva: "You have learnt that the secret of the river is precious: There is no time nor space. There is only the here and now, here means space and now being time. The river is everywhere at once, from its origin or root to its mouth, in the waterfalls, in the currents, in the oceans, in the mountains, in the clouds, because its essence is in the water that forms it all and it is all."

The present only exists in the here and now, therefore there is no past nor future. Its essence is found in the second we are living right here, right now at this moment in this particular place. Therefore, the space-time matrix was defined as the fourth dimension by Albert Einstein. Space and time collapse the energy that forms black holes. A picture of a black hole was taken for the first time on the 10<sup>th</sup> of April 2019 in the galaxy M87.

In 1905, Albert Einstein published 3 important papers one of them being the Theory of General Relativity for which he became very famous. Another paper was on the Photoelectric Effect for which he was awarded the Nobel Prize in 1921. The third paper entitled: Does Inertia Depends on the Energy of the Body that Contains it? Where he describes the random movement of particles known as the Brownian Movement that we can appreciate when dust particles move randomly in the air. In the same article he describes the way energy and matter become interchangeable, and thus the famous formula:  $E= MC^2$  where E is energy, M is Mass and  $C^2$  is the Speed of light squared, was elucidated.

Another implication of the collapse of the space-time matrix or the collapse of electromagnetic wave equation, is the generation of what Albert Einstein called Zero Point Energy, known in mathematics as an inflection point that allows for energy to collapse in one point due to spinning energy and its velocity known as angular momentum (P), its intensity as a function of light energy known as photons (C). We need to consider the angular momentum and the speed of photons (light) to complete the famous equation  $E= MC^2$  since Einstein only considered the resting state of a particle at zero point, that is the collapse of the wave of the electromagnetic wave equation or the collapse of the space-time matrix for its elucidation.

The following figure shows the calculations involved in the completion of such equation so that it becomes  $E^2= M^2C^4+P^2C^2$  where E= Energy, M = Mass, P= Angular Momentum and C = Speed of light. Since this equation considers the angular momentum and the speed of light it also describes the formation of a vortex.

$$m = \frac{m_0}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}}$$

$$m^2 = \frac{m_0^2}{1 - \frac{v^2}{c^2}}$$

$$m_0^2 c^2 = m^2 c^2 - m^2 v^2$$

$$2 m_0 c^2 dm - 2 m v^2 dm - m^2 2 v dv = 0$$

$$c^2 dm - v^2 dm - m v dv = 0$$

$$c^2 dm = v^2 dm + m v dv \dots \textcircled{1} \quad dK = dW \Rightarrow F ds$$

$$F = \frac{dp}{dt} \Rightarrow \frac{d}{dt}(mv)$$

$$\Rightarrow m \frac{dv}{dt} + v \frac{dm}{dt}$$

$$dK = m \frac{dv}{dt} ds + v \frac{dm}{dt} ds$$

$$dK = m \left(\frac{ds}{dt}\right) dv + v \left(\frac{ds}{dt}\right) dm; \quad \frac{ds}{dv} = v$$

$$dK = m v dv + v^2 dm \dots \textcircled{2}$$

$$dK = c^2 dm \Rightarrow \int_0^K dK = \int_{m_0}^m c^2 dm$$

$$K = c^2 (m - m_0)$$

$$E = K + m_0 c^2 \Rightarrow E = c^2 (m - m_0) + m_0 c^2$$

The completion of Einstein's equation involves the angular momentum that allows for the formation of a vortex.  $\Rightarrow$  Nothing ever stays in a resting state.  $E = m c^2$

$$E = m_0 c^2 \dots \textcircled{1}$$

$$m = \frac{m_0}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}} \Rightarrow E = \frac{m_0 c^2}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}} \Rightarrow E = m_0 c^2 \left(1 - \frac{v^2}{c^2}\right)^{-1/2} \dots \textcircled{2}$$

$$E^2 \left(1 - \frac{v^2}{c^2}\right) = m_0^2 c^4 \Rightarrow \frac{E^2 - E^2 \frac{m_0^2 c^4 v^2}{m^2 c^4}}{m^2 c^4} = m_0^2 c^4$$

$$E^2 - \frac{E^2 m_0^2 c^4 v^2}{m^2 c^4} = m_0^2 c^4 \Rightarrow E^2 - m^2 c^2 v^2 = m_0^2 c^4$$

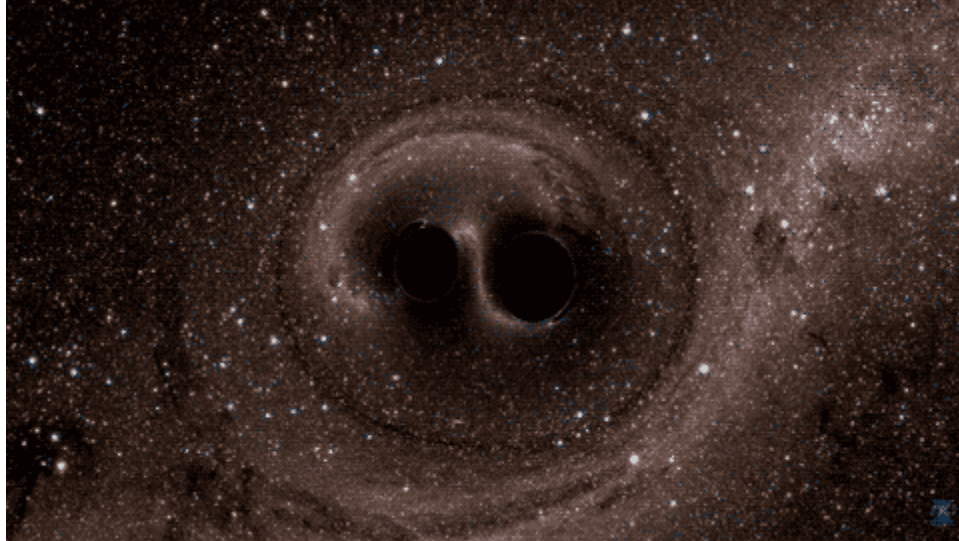
$$E^2 - P^2 c^2 = m_0^2 c^4 \Rightarrow E^2 = m_0^2 c^4 + P^2 c^2$$

$$\therefore E = \left(m_0^2 c^4 + P^2 c^2\right)^{1/2} \Rightarrow E = m_0 c^2 + (Pc)^2$$

$$E = m_0 c^2 + P^2 c^2$$

These calculations show the mathematical steps to complete Einstein's famous equation  $E=MC^2$  resulting in  $E^2= M^2C^4+P^2C^2$  that allows for the formation of vortices that makes the expansion of energy possible. This is another example of efficiency as the amount of energy invested for such movement is minimal resulting in maximum displacement.

Einstein's publication on the General Theory of Relativity expanded very quickly and caused a revolution among scientists as he demonstrated that everything is propelled through spinning energy and the expression of vortical energy. The energy is swallowed when it reaches a black hole. The equations clearly demonstrate that when lots of energy and matter are concentrated in one point, that he called the Zero Point, the space-time matrix collapses as everything is trapped by the black hole even permanently. The collapse of a star leaves its signature and energy as a black hole forever. Stephen Hawking argued that nothing is perpetual, and thus particles swallowed by a black hole evaporate and are released into space.



Fusion of black holes and gravitational waves.

The existence of gravitational waves described by Einstein's field equations in 1916 allow for the explanation of the General Theory of Relativity. The confirmation of gravitational waves occurred in February 2016. Such equations demonstrated that the acceleration of stars, and black holes that generate an orbit between them, create a disturbance in the Time-Space matrix, resulting in the generation of oscillatory waves such as those resulting from throwing a stone in a pond. The waves generated travel at the speed of light (300,000 Km/Sec) throughout the universe carrying information about their cataclysmic origin.

In our daily lives, we also have black holes and inflection points also known as Zero Point energy and thus the collapse of our world as we know it. Examples of such events are: Divorce, accidents, incidents, catastrophic events, employment termination, retirement from the labor force, the news regarding the presence of a life-threatening condition, the onset of chronic illness, the departure of a loved one, etc. All this brings experience and thus knowledge so that we can rebuild our lives improving many aspects of the life we left behind at all levels: The Spiritual, emotional, mental and physical. Vortical energy allows us to make this happen as it feeds from coherence and congruency.

In conclusion, we need to live in the here and now being present in the second that is taking place right here and in this very moment. Everything has a beginning just to have an end and a beginning again. Life is a process of continuous changes from which we learn with the intention of enjoying every second to the best of our ability, with purpose and significance. The answer to all of our needs is love, because love creates the vortices we need that lead us to be the people we are. We are beings of light propelled by love in the path of happiness.

Have you ever heard the word Black Hole? A black hole is a place in space where gravity pulls so much that even light cannot escape. The gravity is so strong because matter has been squeezed into a tiny space. This can happen when a star is dying. This is due to the collapse of the energy that used to keep the star as a star.

Black holes are invisible; therefore, none can see them except the astronomers that through sophisticated technology are able to spot them. They were theoretically described by Albert Einstein at

the very beginning of last century. It was not until the 10<sup>th</sup> of April 2019 that the existence of a black hole was actually confirmed by a photograph.

We all have the equivalent of black holes in our lives. Sometimes we are the only ones that are aware of their existence because nobody else can see them. A black hole occurs because energy and matter collapse in point, sometimes we perceive this point to be the point of no return. Andrew Lloyd Weber even wrote a piece of music for the famous play and picture of the Phantom of the Opera he called, the Point of no Return.

We reach such a point when something in the world around us, that means something in our lives collapses. There are several examples: Going through a process of painful change when a relationship ends, being told of the existence of what is perceived as a terminal illness in either ourselves or in somebody we care for. Financial issues that collapse our economy, being fired from a long so-called lasting job, being involved in a situation that completely changes our outlook to life the way it used to be. Going through a severe state of depression, and I am certain we can think of many more.

Sometimes we keep these situations away from friends and family for as long as we can, therefore they become invisible for everyone else except for us who know that there is something like a black hole in our lives. When it happens most of our energy is soaked up by the density of the black hole. We feel like being lost in space, no sense of direction, everything looks dull and very much the same. The words: Why me? How come now? What did I do to deserve this? Life is not fair? begin to sound louder and louder as time goes by. We feel alone, and our feelings of hopelessness begin to take over. Now we have become aware of our humanity and thus we know that it is just a matter of time before we perceive we have reached the point of no return.

The black hole in our lives begins to steal our joy and in return we experience sorrow, the joy becomes sadness, hope becomes hopelessness, as we stress out from this situation, the black hole keeps on soaking or stealing our energy and enthusiasm for living life the way we wanted to live it. We realize that we do not have the time we thought we had. From the split second that occurred when told the news, nothing ever stayed the same, in fact nothing ever stays the same, however at that particular point in time it became so obvious. Black holes also soak light and thus our world becomes dark. Nothing seems to make sense anymore. We are faced with a situation that calls for us to take action.

What is next? When the energy including light collapses inside a black hole it gets to a point that the concentration is such that the black hole has no other option but to explode. This is where a vortex is formed. The vortex is able to get you out of the situation that started the entire process that got you where you are. Love is the answer to every need. Love yourself and be happy which is your natural state of being. God loves you and therefore, you can love yourself. This is the most amazing gift you have been given, so use it to love who you are and not what you have.

Loving yourself is your number one priority. Greet yourself every day in every way. Give thanks for the many blessings you have received. You are very special and as such you have everything within you to reach for the stars and change scars into stars.

Be happy with your natural state of being. Smile to your life and your life smiles back at you. Seek and what you seek is looking for you. So be patient, things come at the right time to do the right thing with the right people for the right reason. When this happens, your life is Coherent and Congruent. Life has returned and love and happiness are with you forever.