PART ONE · OUR COLLECTIVE EVOLUTION

Matter – An Illusion

A Tapestry of Perspectives

A guided companion for reflection, discovery, and connection

Curated and woven together by A.C. Lyons

An Invitation

Across science, spirituality, philosophy, music, and film, A.C. has gathered perspectives that invite us to consider the nature of matter, the world we experience, and the separation we perceive.

The order of these voices matters. Follow them as A.C. arranged them, noticing the questions, connections, and contrasts that emerge along the way. You do not need to agree with every perspective to explore what it opens within you.

Throughout this companion, you will find A Moment to Explore invitations and a closing AWAKENING Together conversation guide. Pause wherever you wish. The questions are invitations, not assignments.

A.C.'s video and music links are optional doorways to the original media. If a clip offers only a brief idea, you may prefer to stay with the words or move ahead; longer experiences may reward a separate visit. The complete sequence remains here for you to revisit.

The Perspectives

The numbered perspectives below follow A.C.'s original order. The thread headings and reflection pauses are guideposts added to support your exploration, not new interpretations attributed to A.C.

THREAD ONE

Matter, force, and mind

01 · VIDEO

The Field That Connects Us All

Gregg Braden Shorts

OPEN ORIGINAL VIDEO / MUSIC SOURCE

02 · QUOTE

> *“As a man who has devoted his whole life to the most clear-headed science, to the study of matter, I can tell you as a result of my research about atoms this much: There is no matter as such. All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.”*
>
> **Physicist Max Planck**

03 · VIDEO

Matter Does Not Exist! | Max Planck’s Groundbreaking Discovery

Highlights & life wisdom

OPEN ORIGINAL VIDEO / MUSIC SOURCE

04 · QUOTE

> *“In all my research I have never come across matter. To me the term matter implies a bundle of energy which is given form by an intelligent spirit.”*
>
> **Physicist Max Planck**

05 · QUOTE

> *“Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.”*
>
> **Albert Einstein**

A MOMENT TO EXPLORE

What Do We Believe About Matter?

The opening voices suggest relationships among matter, energy, mind, and consciousness. Notice what they invite you to question—not what you feel you must accept.

- What have you learned or assumed about what makes the physical world “real”?
- Which of these first perspectives surprised you, resonated with you, or challenged you?
- What questions arise when you consider the possibility that matter and consciousness are related?

You may continue with curiosity, even when you do not have answers.

THREAD TWO

Spirit, form, and the seen world

06 · QUOTE

“Spirit forgets that it's Spirit and condenses to a smaller version of itself, which is soul. Soul forgets that it's soul and condenses to mind. Mind forgets that it's mind and condenses to body. Body forgets that it's body and condenses to the lowest dimension that you can have, which is matter.”

Theorist Ken Wilber

07 · QUOTE

“Matter is spirit reduced to point of visibility.”

Albert Einstein

08 · QUOTE

“Matter is spirit moving slowly enough to be seen.”

Jesuit Priest Pierre Teilhard de Chardin

09 · QUOTE

“Invisible things are the only realities.”

Poet Edgar Allan Poe

10 · FILM CLIP

Dr. Strange Meets The Ancient One Scene | Doctor Strange (2016) 4K HDR Movie Clip

Filmey Box

OPEN ORIGINAL VIDEO / MUSIC SOURCE

11 · FILM CLIP

Doctor Strange’s Soul Leaves His Body | Astral Projection Scene

actionwood TV

OPEN ORIGINAL VIDEO / MUSIC SOURCE

12 · QUOTE

“One day, it was suddenly revealed to me that everything is pure spirit.”

Guru Ramakrishna

13 · QUOTE

“The foundations of a person are not in matter but in spirit.”

Essayist Ralph Waldo Emerson

14 · SONG

Spirits in the Material World

The Police — Official Music Video

OPEN ORIGINAL VIDEO / MUSIC SOURCE

15 · QUOTE

“Matter is Energy ... Energy is Light ... We are all Light Beings”

Albert Einstein

A MOMENT TO EXPLORE

Beyond the Physical

You have encountered ideas of spirit, soul, physical form, and invisible reality—including film and music as different ways of expressing them.

- Has a personal experience ever led you to wonder whether life holds more than what your senses can perceive?
- What did the art, music, or film offer that a written quotation might not?
- When do you feel most connected to something larger than yourself?

Notice whether a particular voice or experience calls you back for a second look.

THREAD THREE

Thought, perception, and duality

16 · FILM CLIP

Star Wars - The Empire Strikes Back (1980) - Yoda and The Force

mrdillus — A.C. notes: 33 seconds

OPEN ORIGINAL VIDEO / MUSIC SOURCE

17 · QUOTE

> *"What we perceive as physical matter is energy vibrating (moving) at a particular range of frequencies. Thoughts consist of the same energy vibrating at a higher frequency than matter, which is why they cannot be seen or touched."*

Eckhart Tolle — A New Earth

18 · QUOTE

> *"Thought is matter as much as the floor, the wall, the telephone, are matter."*

Philosopher Jiddu Krishnamurti

19 · QUOTE

"Thought, as you know it, is an aspect of duality. It cannot be otherwise in your separated state. You must think in terms of "I" and "them," "death and life," "good and evil." This is thought. Thought occurs in words, and words separate."

Mari Perron — A Course of Love

20 · QUOTE

"We operate with nothing but things which do not exist, with lines, planes, bodies, atoms, divisible time, divisible space - how should explanation even be possible when we first make everything into an image, into our own image!"

Friedrich Nietzsche

21 · QUOTE

"When one has an image about oneself one is surely insane, one lives in a world of illusion."

Philosopher Jiddu Krishnamurti

22 · QUOTE

"Both the old and new physics were dealing with shadow-symbols, but the new physics was forced to be aware of that fact - forced to be aware that it was dealing with shadows and illusions, not reality."

Theorist Ken Wilber

23 · VIDEO

Matter Is An Illusion

Ariel Gatoga

OPEN ORIGINAL VIDEO / MUSIC SOURCE

A MOMENT TO EXPLORE

How Thought Shapes Our Experience

A.C.'s next voices invite attention to the mind, the images we form, and the ways thought can divide experience into opposites.

- When have your thoughts about another person influenced what you believed to be true about them?
- Which labels or assumptions can make you feel separate from someone else?
- How might your experience change if you held one familiar belief more gently?

Let the questions remain open as the tapestry continues.

THREAD FOUR

What do we call real?

24 · QUOTE

"Everything we call real is made of things that cannot be regarded as real."

Physicist Niels Bohr

25 · QUOTE

"Reality is merely an illusion, albeit a very persistent one."

Albert Einstein

26 · QUOTE

"All the great seers and philosophers say our daily life is an illusion. I always felt a truth in that."

Prince Harry — Spare

27 · QUOTE

"Meher Baba taught that life as we knew it was "an illusion within an Illusion…""

Pete Townsend — Who I Am (Rock Star)

28 · QUOTE

“The most dangerous thing is illusion.”

Essayist Ralph Waldo Emerson

29 · QUOTE

“There is no illusion greater than fear.”

Lao Tzu

30 · QUOTE

“Most people like to live in illusions.”

Philosopher Jiddu Krishnamurti

31 · SONG / LYRIC REFERENCE

“We were talking about the space between us all and the people who hide themselves behind a wall of illusion. Never glimpse the truth - then it's far too late when they pass away.”

Singer/Songwriter George Harrison

A MOMENT TO EXPLORE

Recognizing Illusion

These perspectives turn toward the possibility that our everyday understanding may be shaped by illusion, fear, and the images we hold.

- Have you ever discovered that something you believed with certainty was not the whole story?
- How do fear and expectations affect what you notice?
- What helps you remain open to a different perspective when an idea feels uncomfortable?

Awareness can begin with simply noticing.

THREAD FIVE

Illusion, connection, and awakening

32 · FILM CLIP

THE MATRIX: THERE IS NO SPOON

Pablo PARRADO

OPEN ORIGINAL VIDEO / MUSIC SOURCE

33 · QUOTE

“You do it constantly by choosing to see illusion rather than the truth.”

Mari Perron — A Course of Love

34 · QUOTE

“Everybody sooner or later has to drop the luggage and the baggage of illusions.”

Rock Star Carlos Santana

35 · QUOTE

“Within us all there is divinity hidden, waiting for its moment to be born into the world, the opportunity to come out of the shadows of our entrenched illusions.”

Marianne Williamson — The Healing of America

36 · VIDEO

Is Matter Just an Illusion of Consciousness

Infinite Potential

OPEN ORIGINAL VIDEO / MUSIC SOURCE

37 · QUOTE

“We are in the midst of a momentous event in the evolution of human consciousness, but they won’t be talking about it in the news tonight. On our planet, and perhaps simultaneously in many parts of our galaxy and beyond, consciousness is awakening from the dream of form.”

Eckhart Tolle — A New Earth

38 · QUOTE

“We are here to awaken from our illusion of separateness.”

Buddhist Monk Nhat Hanh

A MOMENT TO EXPLORE

The Possibility of Awakening

The final voices lead toward releasing illusion and remembering connection. A.C. now brings this progression into his own reflection.

- What thread connects the perspectives that stayed with you most strongly?
- When have you felt a sense of oneness rather than separation?
- What does “awakening” mean to you at this moment in your life?

Bring these thoughts with you into A.C.’s own words.

A.C.’s Reflections

After traveling through the perspectives he has gathered, A.C. shares the understanding that emerges from the connections he sees.

To process this spiritual principle we must collectively recognize that to create Heaven on Earth we need to understand that our minds create our Earthly existence as a projection of thought. This act creates a perception of physical existence called “matter,” and this matter is an illusion.

And as Einstein is often quoted as stating, “There is no matter,” which means, as he is also often quoted as stating, “Reality is merely an illusion, albeit a very persistent one.”

The purpose of the world of form (matter), is to create an illusion of separation. That we are not one, consciousness, our True reality, but the perception that we are separate from each other. This creates a dimension of duality, where you and I and our whole physical existence are perceived as separate.

This “matter” with its illusion of separation, creates the dimension of duality. A dimension that does not exist but only in our minds... nowhere else.

The purpose of these creations of the mind is to create an Earthly experience so we can experience Heaven while perceiving a physical plane called Earth.

That’s it.

Our perceived existence in the world of form is merely a dream, which our consciousness aims to awaken from. And this awakening becomes the creation of Heaven on Earth; the sole purpose of our incarnation into the world of form. To experience eternity within an illusion of time, oneness within the illusion of space (i.e., matter), light relative to dark, and Heaven relative to Earth.

A MOMENT TO EXPLORE

What Has Emerged for You?

You have moved through A.C.'s collected perspectives and his own understanding. Before turning toward conversation with others, consider what has changed—or what question remains alive.

- What deeper understanding emerged for you from the connections among these perspectives?
- Where did you feel agreement, resistance, curiosity, or surprise?
- What is one small way you could explore connection rather than separation in your daily life?

You can return to any voice, image, sound, or question that continues to speak to you.

AWAKENING Together

Some discoveries deepen when we share them. Whether you are exploring with one friend or gathering in an AWAKENING Together Circle, let this conversation be guided by curiosity, love, and respectful listening.

A suggestion for your circle: invite each person to name one perspective that stayed with them before beginning the questions. Make space for different interpretations without requiring agreement.

AWAKENING TOGETHER

Exploring the Tapestry Together

Let each person speak from their own experience. Listening to a different perspective can be part of the awakening itself.

- Which voice or media experience stayed with you, and why?
- Did any perspective challenge something you had long assumed about reality or separation?
- What did you discover by hearing another person's interpretation?
- Where have you experienced separation in your relationships? Where have you experienced oneness?
- What might change in the way we live, love, or serve if we became more conscious of our connection?

There is no single answer this gathering must reach.

A Gentle Closing Invitation

Choose one perspective to revisit, one question to carry into your week, or one loving action that helps you experience connection. The aim is not to finish the tapestry, but to allow it to continue unfolding within you.

A Note About Sources & Attributions

The Conscious Journey brings together quotations, teachings, music, film, and other expressions gathered and thoughtfully woven together by A.C. Lyons over many years.

Sources and attributions are presented as identified in A.C.'s original research and materials. While care has been taken in preparing this collection, not every quotation or attribution has been independently verified. Some statements may be paraphrased, attributed differently in other sources, or difficult to trace to their original publication.

These perspectives are offered as invitations to reflection and exploration, not as definitive representations of the beliefs or findings of the individuals cited. We welcome thoughtful corrections supported by reliable sources.