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# The crossword puzzle method

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**Abstract:** This article describes a method of thought which I call multidimensional and multidisciplinary crossword puzzle. Next an example of said method, as practiced by the author, is expounded. It is a Cosmology, a structural scheme of what lies behind the matter.

**Keywords:** Crossword Puzzle Method, Expanding Vibratory Space, Braking Effect, Pure or Primordial Space, Gravity, Mass and Inertia, Dark Energy and Dark Matter

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## 1. E Method of the Multidimensional and Multidisciplinary Crossword Puzzle

This is a philosophical method that can and should act in synergy with the scientific method. The scientific method, which relies on empirical evidence, has a track record of reliability approaching 100%; the crossword puzzle method cannot match this rate of reliability, but in many occasions, in most, is the only method within our reach to help us grasp reality. We should also admit that the language of a philosopher and, for instance, that of a physicist often differ, but this should not be a problem if they both seek the truth and there is a willingness to understand each other. For example, when I speak of forces always there are particles holder of this force, as principle of Quantum Physics.

It's all about focusing on a topic that motivates you. That is the first condition: focus, and motivation. Then it's about studying and thinking, always remaining focused on the topic, without time constraints; the quest can take years and years. And it must be understood that this topic may be approached from several points of view, hence a multidisciplinary approach is in order. Apart from that, we are dealing with realities which are found in a dimension that is clearly different from matter. Therefore, the goal is to complete a multidisciplinary crossword puzzle where everything fits, one in which, if a given proof demonstrates that something is false, the whole crossword puzzle must be revised. We need to take into account that not only reason plays a part in this puzzle, but also intuition. To focus on a topic continuously, when one is motivated, is a reliable way to stimulate intuition.

To better explain what I just described I will use an example: is there anything more clarifying, especially if the example has been experienced by the author himself, like in this case?

## 2. Example

The example I will give you is that of a many-years-long journey throughout which I constructed a Cosmology, or more precisely a structural scheme of vacuum, of what lies behind matter and we cannot see. After I acquired elementary knowledge of the atom, I soon understood that behind it existed an invisible world that moved everything, and this idea motivated me.

Einstein concluded that ether did not exist, which must have led him to believe that everything was matter in the midst of absolute vacuum, or detritus of matter like the point zero field. And this is what the scientific community accepted until many years later, almost a century, when the Higgs field was discovered. I studied and conducted experiments on Parapsychology, which showed that transmission of thought, telepathy, as well as futurology, were a reality. This meant that, from the beginning, I could not believe in an absolute vacuum, nor could I believe in the sole power of neurons, and I thought that the thorough study of certain disciplines would lead me to what lies behind matter and to solving the crossword puzzle. And this is how I decided to study Psychology, World Religions, Philosophy and, very especially, Quantum Physics, disciplines which, I thought, would provide me with the necessary knowledge.

In Psychology, the first thing we come across is conscience,

and the big question pops up: is conscience exclusively the product of neurons? It does not seem to be that way. The transmission of thought and telepathy cannot be conceived as properties of neurons. On the other hand, I have heard and read several stories about people who, during a state of coma or while under anesthesia, saw reality from above their own bodies, that is, without using their sensory organs. It was also Psychology that led me, as a physician, to the study of nervous depression, a pathology that general practitioners come across very often, and I reached the conclusion that depression could be defined as a lack of psychic energy. This psychic energy revives and animates, it originates in the depths of the human mind, and, in the case of depression, is blocked by unsatisfactory social relations or by other organic causes. The thing is, it seems to me that this psychic energy comes from beyond the neurons, and is very essential to the human being, together with conscience.

And this brings us to World Religions. All the main religions agree on some essential points, like the existence of a metaphysical dimension or the need to do good. When constructing a Cosmology, the metaphysical dimension is particularly interesting. There are uncountable millions of people who share, have shared, or will share these principles. Can science ignore the convictions of so many people? That would amount to negating intuition; but which experiments have been conducted, or what evidence has been presented, that would allow us to negate intuition?

In reality the method of the multidimensional and multidisciplinary crossword puzzle is not new at all: the philosophers of Ancient Greece made use of it, albeit without using that name. An important difference is that the disciplines they used as their basis were far less developed, especially Physics. Nevertheless they reached true milestones: Anaximander (610-546 BC) understood that an indeterminate and invisible substance occupied space and was the origin of all things. Later, Plato (427-347 BC) conceived Empyrean Heaven or the Intelligible Realm, whose essence could only be perceived by conscience. As examples, these two are not bad, are they?

And this brings us to Quantum Physics, our main basis to complete a crossword puzzle of the Cosmology's part that we don't see, which is to a great extent its biggest part. I will provide a few examples.

First of all, we find the Schrödinger equation, which occupies a foremost position in Quantum Physics. It defines the wave function's progression in time, in a way that it multiplies it by an imaginary number, the square root of minus one. It's an impossible number which already indicates that we are entering a special dimension.

The double-slit experiment (also referred to as Young's experiment) shows us that any particle can manifest itself either as a wave or as a particle. As I understand it, the wave collapse, when it finds a suitable recipient, determines the change from wave to particle (or material dimension). This wave collapse defines and shows the strange wave-particle condition, as two different dimensions of subatomic particles, something peculiar to Quantum Physics. My understanding is

that particles are always a wave compound which sometimes manifest themselves as particles.

Finally, there is the experiment conducted by Alain Aspect, of the Institut d'Optique in Orsay (in the outskirts of Paris). Mathematical equations already reveal a permanent relationship between particles that have remained entangled. David Bohm and John Bell contributed to the experiment, the former with his ideas about the experiment itself, the latter with what came to be known as Bell's theorem. I remember having read somewhere that Aspect's is the most important experiment in History: I agree. In the experiment Alain Aspect presented in 1983, two previously entangled particles were separated, but the polarization of one still changed instantly when the other's polarization was modified, regardless of the distance that separated them. Using the terminology used in Bell's theorem, which contributed to its setup, Alain Aspect's experiment violated Bell's inequality, that is, it showed a behavior that is different from the behavior we observe in the material world, where this inequality is observed. This experiment came to show nothing less than a dimension in which distance and time did not exist. If, in this instant transmission, distance does not count, we can conclude that time does not count either. Indeed, time is the succession of events in space. The whole thing places us in the midst of a great mystery, the eternal present, which, as we will see, explains many enigmas and creates a special dimension.

### 3. The Crossword Puzzle's Columns

This multidisciplinary revision leads us to several conclusions that we can consider columns of our crossword puzzle. Let us take a look:

*Transmission of thought. Telepathy.*

*Futurology.*

*Conscience. Psychic energy.*

*Metaphysical dimension.*

*Anaximander's indeterminate and invisible substance.*

*Plato's Empyrean Heaven.*

*The Schrödinger equation's imaginary number.*

*Wave-particle behavior.*

*Wave collapse.*

*Alain Aspect's experiment.*

*Eternal present. A dimension where distance and time do not count.*

### 4. The Crossword Puzzle's Main Axes

However, the resulting Cosmology that I intend to summarize is sustained on three main axes:

- Expanding vibratory space
- Braking effect
- Pure or primordial field

#### 4.1. Expanding Vibratory Space

In some sense, the expanding vibratory space is like Anaximander's invisible substance which creates matter,

what physicists now call Higgs space. A new development is that it drags all the particles, upon which it confers mass, gravity and inertia. I never understood how, after the initial Big Bang explosion, particles could move permanently just due to inertia, given that they find a lot of obstacles along the way that do not stop them from maintaining their kinetic energy. No-one has ever seen a stationary particle. Matter does appear to be still, but only apparently, because its internal movement continues, as does the kinetic energy of the abovementioned particles. Where does this energy come from? My understanding is that the expanding vibratory space, recently discovered as Higgs space, confers kinetic energy—as well as mass, gravity and inertia—upon all the particles. This is my personal view, which differs from the scientific orthodoxy of physicists.

Do particles create their own energy? I don't think so: there is no precedent of such a phenomenon in other fields, and it would not be explicable. Aristotle's law that everything that moves has a moving cause continues to apply.

I express the effect of this expanding vibratory space with the corresponding mathematical formula:

$$e=mW$$

(Energy equals mass times the expanding force of space)

From this we can infer:  $e=mc^2$  and  $f=ma$ . Let's see:

Classical Mechanics knows that

$$e=1/2mv^2$$

which is considered a fundamental formula to determine the kinetic energy of a body, taking into account its mass and speed.

Applied to the expanding effect of the vibratory space, and since the particle does not start from zero speed, we can suppress the 1/2 and derive that

$$e=mc^2$$

Einstein's famous formula. Despite the fact that speed is  $v$  and not  $c$ , the expanding force corresponds to the speed of light,  $c$ .

On the other hand, given that, as we will see next, the braking effect exerts a continuous attraction force, and then Newton's formula applies to all bodies in motion:

$$f=ma$$

#### 4.2. The Braking Effect

Subatomic particles, in principle, should travel at the speed of light, given the expansive force of the expanding vibratory space that drags them. However, this is not the case because they are subject to a braking effect. This braking effect takes place during the interaction with the aforementioned expanding vibratory space, recently discovered as the Higgs field.

Probably it is the subatomic particles' own interactive forces that act as a brake to their traveling speed. And with

the braking effect comes materialization, when gravity, mass and inertia come into play.

Wave collapse plays a role in the process.

Gravity occurs due to de-acceleration, at the same time that space is deformed and a continuous force of attraction is established, capable of attracting with a uniformly accelerated motion.

Mass is the consequence of gravity and other forces that act in unison with it, like the interactive forces and the traveling force. And there is also the wave collapse's obvious role.

Inertia must be understood while considering the gravitational weave that is formed in the Universe—where, even if it looks like it, nothing is still. Inertia involve the force capable of defeating gravity to alter the speed or trajectory of an object.

What has been presented as enigmatic dark energy becomes very clear in this Cosmology. It is not necessary to appeal to a new energy: the expanding vibratory space or Higgs field explains everything. The particles that travel through it do so by being transported by the kinetic energy that Higgs bosons confer upon them. That is, these bosons confer two types of perpendicular forces, one for the braking effect and another one for the translation of the particle. And the energy of translation acts with a continuous force, in a way that it confers on the particle a uniformly accelerated motion, with the speed of light as its limit, because it is the expansion speed of the aforementioned space or field. Out of the two forces-braking and translation-the latter prevails, which ultimately results in a Universe with accelerated expansion.

In a similar way we can understand dark matter: the forces that determine the gravitational braking may vary and should be reviewed according to the pressure and distance. It is easily understandable that in the centers of galaxies, for example, these forces are increased by pressure, which simulate the dark matter halo. Or when the translational force is increased by the distance simultaneously increase the braking effect.

#### 4.3. The Pure Field

From Aspect's experiment we can derive the existence of a pure field where transmission is instantaneous. I consider this pure field, which occupies space to infinity, another dimension of matter. At the same time, it's the *raison d'être* of what we understand as metaphysical dimension. It also explains conscience, psychic energy, the transmission of thought and telepathy, and through an eternal present, it makes the possibility of predicting the future more comprehensible.

Moreover, it can be considered the basis that supports the expanding vibratory space and matter.

I have spoken about proven facts and about hypotheses, but both fit the crossword puzzle, which provides them with a unique, presumed, credibility.

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