





# The Theory of the Meta

**Vishnuh-Society**



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**THEME code:**

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**Inhoud**

**Meta: A Deep Meaning .....11**

<b>Meta-Vacuum: The Concept .....</b>	<b>12</b>
<b>Applications for Meta-Vacuum .....</b>	<b>13</b>
<b>Meta-Emptiness in Various Contexts .....</b>	<b>20</b>
<b>Science and Mathematics .....</b>	<b>21</b>
<b>Psychology and Philosophy .....</b>	<b>23</b>
<b>The Theory of Meta-Emptiness in the Universe .....</b>	<b>25</b>
<b>The Absence of Absence .....</b>	<b>27</b>
<b>The Theory of Meta-Emptiness: A Fundamental Redefinition of 'Outside the Universe' .....</b>	<b>31</b>
Introduction: The Problem of the 'Outside' .....	31
<b>The Theory of Meta-Vacuum .....</b>	<b>33</b>
Definition of the Meta-Vacuum .....	35
<b>The Mirror Principle: Our Universe as a Reflection of Nothingness .....</b>	<b>37</b>
<b>The Universe as a Reflection.....</b>	<b>39</b>
The Role of Shadow-Realities: Fragments of Possibility .....	41
<b>How do Shadow-Realities function? .....</b>	<b>41</b>
<b>Cosmology: Manipulating Shadow-Realities .....</b>	<b>54</b>
Future Technology: The "Universe Synthesizer" .....	56
<b>Energy Extraction from the Meta-Void .....</b>	<b>58</b>
<b>Philosophy: Consciousness as the Gateway to the Meta-Void .....</b>	<b>61</b>
<b>As we explore this expansive view of consciousness, we may begin to understand how it interplays with the very fabric of</b>	

reality, providing us with insights into dimensions we have yet to fully grasp. The potential of consciousness may not be confined to individual experiences but could resonate throughout the multiverse, linking all beings and realities in a grand, interconnected dance of existence. This philosophical exploration could reveal the true nature of the cosmos and our place within it, challenging our conventional perceptions of life, consciousness, and the universe itself. ....	64
<b>Neurophysiological and Quantum Mechanical Perspectives.....</b>	<b>64</b>
Metaphysical Implications and the Nature of 'Nothing' .....	66
<b>The Non-Local Nature of Consciousness and its Interaction with Parallel Realities .....</b>	<b>70</b>
<b>The Science of Creation and Annihilation .....</b>	<b>81</b>
<b>The Physical Limits of Destruction.....</b>	<b>82</b>
<b>Potential Pathways to Absolute Erasure .....</b>	<b>84</b>
<b>Time Travel through the Reflective Mechanisms of the Meta-Void .....</b>	<b>88</b>
<b>Future Applications of Time Reconstruction.....</b>	<b>95</b>
<b>Medical Revolution: Healing Through Zero-State.....</b>	<b>97</b>
<b>Ethical Implications: Should Humanity Become Immortal .....</b>	<b>106</b>
<b>The Four Phases of Ultimate Evolution.....</b>	<b>126</b>
Phase 2: Control Over Time and Space.....	129
<b>The Ultimate Evolution Is the Triumph Over Limitation .....</b>	<b>144</b>
<b>A World Without Limitations: The Cosmic Playground of Infinite Possibilities .....</b>	<b>147</b>

The New Reality: Humanity as the Cosmic Creator .....	149
The Cosmic Playground: Creating Without Limits .....	150
The New Cosmos: An Infinite Playground of Realities .....	151
Experience Multiple Realities Simultaneously.....	156
Leadership is Redundant .....	158
Art and Expression Are Infinite.....	159
The Ultimate Evolution: Complete Freedom in an Infinite Multiverse .....	160
Social: A World Without Inequality.....	161
Metaphysical: The Cosmos as a Playground.....	162
<b>Beyond the ‘Self’ – Discover what exists beyond identity and individuality – pure, unlimited existence.....</b>	<b>170</b>

## Meta: A Deep Meaning

The term "meta" originates from the Greek word (μετά), meaning "after," "beyond," or "outside." In philosophy

and language, "meta" is often used to indicate a higher level of abstraction.

For example:

**Metaphysics** – the study of what lies beyond (meta) the physical world, or the deeper nature of reality.

**Metacognition** – thinking about thinking, or awareness of how we think and learn.

**Meta-analysis** – an analysis of analyses, where multiple studies are synthesized to gain a broader understanding.

In a broader context, "meta" refers to something that transcends itself, something that reflects upon itself, or a self-aware approach to a concept. This is often seen in fiction, where "metafiction" refers to a story that is aware of its own fictional nature (such as in films where a character "breaks" the fourth wall and directly addresses the audience).

## Meta-Vacuum: The Concept

The term "meta-vacuum" is not a widely recognized term, but it can be interpreted as emptiness at a higher,

abstract level – a vacuum that not only denotes the absence of matter or meaning but transcends the concept of emptiness itself.

In Buddhist philosophy, the concept of **śūnyatā** (emptiness) suggests that nothing has an intrinsic, independent essence. Everything exists only in relation to something else. Meta-vacuum would extend this further by viewing even this emptiness as an illusion, leading to a level where the very idea of emptiness disappears.

In postmodern philosophy, meta-vacuum might refer to the realization that even the concept of meaninglessness or the absence of meaning is a construct, and that there is nothing to "fill" or "seek" because there was never anything missing.

In a psychological or existential context, meta-vacuum can mean transcending the feeling of emptiness and recognizing that even this sensation is an illusion. It could refer to a state of awareness in which one no longer struggles with emptiness but accepts or even transcends it at a higher level.

## Applications for Meta-Vacuum

**Philosophically:** Transcending even the conceptual emptiness and realizing that emptiness itself is an illusion.

**Spiritually:** A state of awareness where one looks beyond both meaning and meaninglessness.

**In Art and Literature:** Works that not only depict emptiness but reflect upon the very meaning of emptiness itself.

**Psychologically:** Letting go of the struggle against emptiness and embracing a perspective where even that concept dissolves.

Meta-vacuum can be seen as the ultimate form of emptiness vacuum that not only manifests as absence but transcends the very idea of emptiness itself. It is the point at which one realizes that even nothingness is merely a construct and that nothing needs to be filled or changed.

### **Meta-Vacuum in the Context of Self-Realization**

Imagine walking a profound spiritual or philosophical path in search of your true nature and existence. In the

first stages, you may experience a sense of emptiness — an absence of meaning, direction, or fulfillment. This may manifest as existential sadness, boredom, or the feeling that nothing really matters.

Many people try to fill this emptiness with external things: success, material possessions, relationships, or even spiritual concepts. But at some point, one may discover that even the search for meaning is an illusion — that there is nothing missing and the emptiness one feels is merely a concept created by the ego.

This is where meta-vacuum comes into play. Instead of experiencing emptiness as a problem to be solved, you realize that even the experience of emptiness is a mental construct.

### **This means that:**

The search for fulfillment becomes redundant, as you realize that nothing was ever lacking.

The fear of emptiness dissipates, as you understand that emptiness and fullness are merely labels that the mind applies to reality.

True freedom appears, as you are no longer trapped in the urge to become or to possess.

### **Application in Daily Life**

Rather than feeling restless when there is "nothing to do," you can simply be present in the moment. This allows you to experience the beauty and peace of the here and now without the constant pressure to be productive or busy.

Instead of letting your thoughts wander to what you "should do" or what you're missing, you can connect with the subtle experience of the present moment, where everything is as it should be.

Rather than becoming anxious about a lack of meaning, you can accept that meaning is not an absolute truth, but a dynamic process that comes and goes. It is not a fixed goal that we must reach, but a fluid process that develops as we grow, learn, and experience the world around us. Meaning can shift depending on our perspectives and the phases of our lives.

By embracing this perspective, we liberate ourselves from the pressure to understand or explain everything, and open ourselves to the natural flow of experience, without constraining it within rigid ideas or expectations.

In this way, life itself can become a more refined, flexible experience, where we are no longer trapped in the pursuit of constant meaning or activity, but fully open to the rich complexity of the moment itself.

The realization that we do not always need to "do" or seek fixed meaning creates a space in which we can simply *be*. It frees us from the constant pressure to achieve, prove, or justify something. Within this space arises tranquility – a calmness that allows us to be present in the moment without the relentless pursuit of goals or external validation. It enables us to accept ourselves as we are, without falling into the trap of self-criticism or the urge to always do more.

Self-acceptance flourishes in this space, as we no longer measure our worth against achievements or the expectations of others. Instead, we acknowledge that our existence is valuable.

We may simply exist, with our imperfections, doubts,

and moments of silence. From this, the strength to *be* emerges – not from the need to prove something, but from a deeper, authentic connection with us.

This is the freedom to live fully, without the pressure of what we "must" or "should" do. It is a freedom that arises when we release the constant demands of the outside world and instead embrace the moment as it presents itself.

We no longer need to base our worth on what we achieve, but can direct our energy toward simply *being* – experiencing life as it comes, in its full, unpredictable richness.

It is the strength that comes from fully accepting the moment, exactly as it unfolds. This does not imply passivity, but rather an active choice to be in harmony with the flow of life, even when it leads us through unknown or uncomfortable waters.

It is a strength that does not compel us to fight against what is, but allows us to be fully present and experience life, without resistance or fear of what the future may hold. Thus, we find the space to grow, to feel, to discover – not because we must do something, but because we choose to step into the full freedom of our

existence. It is freedom that does not drive us from a sense of obligation, but from the pure possibility of unfolding, without limitations or expectations.

It is the freedom that arises when we follow our inner voice, when we embrace the curiosity of the unknown, and allow ourselves to evolve in our own unique way. In this space, we can discover new layers of ourselves, whether they are renewing or confusing. We are no longer bound to the idea of a fixed path, but walk through life with openness, ready to learn from every experience that presents itself.

This freedom enables us to explore our boundaries, to fall and rise again, without fear of failure. It is the freedom to simply *be* and grow in alignment with our own truth, without the constant pressure of achievement or external measures. It is a life in full expansion, a life in which we do not merely exist, but truly live.

# Truth, comes en goes.



In relationships, this means that you are no longer dependent on others to feel complete.

Meta-emptiness is not nihilism, but a profound recognition that even emptiness is a conceptual construct. It is the realization that every attempt to assign meaning or fill something arises from a human need to create order in something that is intrinsically boundless.

When you fully understand this, the compulsion to define, strive, or set a goal fade away. You become free to simply exist, without the burden of expectations, without the need to force meaning. It is not the rejection

of meaning, but the transcending of it—a state of being in which you accept reality as it is, without attaching external value to it.

## Meta-Emptiness in Various Contexts

Here are a few applications of meta-emptiness in different domains:

### **Art and Literature**

In art, meta-emptiness may manifest as a work that not only portrays emptiness but also reflects on the emptiness itself. Think of a painting that shows nothing but a blank canvas, where the artist invites the viewer to realize that even the absence of form can be meaningful.

### **Examples:**

Kazimir Malevich's *Black Square*: A painting of a black square on a white background. It appears empty but symbolizes the absence of traditional art forms and the possibility of seeing art as a pure idea.

Samuel Beckett's *Waiting for Godot*: A play in which nothing happens, and that is the point. The characters

wait for something that never comes, and the audience is confronted with the absurdity of existence.

**Minimalist music** (such as John Cage's *4'33"*): A piece of music in which no note is played, the music is the silence and the surrounding sounds. This prompts us to think about what music is.

Meta-emptiness here means: Not just showing emptiness but reflecting on what emptiness means and whether emptiness even exists.

## Science and Mathematics

In science, meta-emptiness may refer to concepts where absence itself is an essential part of the whole.

Examples:

**Quantum Mechanics and the Vacuum:** The vacuum in quantum physics is not truly empty. It is filled with virtual particles that arise from nothing and disappear again. Here, we see that even emptiness is not empty on a fundamental level.

**Number Theory and Zero:** In mathematics, zero is not just a number; it is an abstract concept that represents

the absence of value. Yet, zero is essential for algebra, calculus, and modern calculations.

**Dark Matter and Dark Energy:** Most of the universe is made up of something we cannot see or directly measure. What we consider "empty space" turns out to have a deeper structure that influences the cosmos.

Meta-emptiness here refers to the discovery that what we perceive as "empty" is imbued with potential and underlying structures. It is the realization that emptiness is not simply an absence of something, but rather a dynamic space where possibility and change reside.

What may initially seem like a vacuum is, in fact, an unbounded field of latent forms and ideas, waiting to manifest. Meta-emptiness thus transcends the traditional notion of emptiness as nothingness and reveals it as a fundamental fabric in which everything is possible.