

7 Passions Theory of Everything

A Passion-Based Unified Field Model of the Universe



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Author's Note

7 Passions Theory of Everything has been developed through my work in the areas of brain research, consciousness studies, artificial intelligence, knowledge engineering, passion-based education, holistic health, somatic and energy healing, shamanism and tantra. Their synergy provided me with valuable perspectives, clarity, understanding, inspiration and tools along my path. I've found that the seven passions are common threads through all these theories, philosophies and practices. They're widely regarded as the core human values and the universal benchmark for all other qualities. The intention of *7 Passions* is to shed light on the meaning of life, clarify its many dimensions and how they relate, and provide guidelines for a life-long journey of evolution and fulfillment of our full potential.

With passion,
LiOr Jacob

Abstract

7 Passions Theory of Everything is a passion-based unified-field model of the universe. It integrates life with the physical aspect of the universe through a common energy field, the *Universal Passion*. It has seven main properties, called *Passions*: *Unity, Wisdom, Creativity, Love, Power, Joy* and *Peace*. All the entities in the universe are various forms of the Universal Passion, determined by these properties.

The Passions determine the energy fields of all the forces and elementary particles of physics, and all the vital forces of life. They interact to create increasingly larger and more complex energy fields that have more elaborate configurations of the seven Passions. They create atoms, molecules, material objects, geophysical bodies, cellular tissues, living organisms, ecosystems and other entities that manifest more qualities of the Universal Passion. This is the *Evolution* of the universe.

Humans are advanced forms of the Universal Passion. The life forces of the seven Passions are driving us to increase their qualities in all aspects of life. Hence they are considered as qualities of well-being, and the drives as our passions for these qualities. They can serve as parameters to evaluate the quality of life of individuals, where qualities of various aspects and areas of life are functions of the seven passions. The seven Passions can also indicate the collective quality of life of multiple people and complex social and environmental structures. They can be used as objective universal benchmarks that will help to overcome biases and conflicting interests.

7 Passions Theory of Everything integrates and interconnects all aspects of humanity and the universe. It simplifies the exponentially increasing complexity of our civilization and supplies common principles of personal, social and global well-being. It offers general guidelines and tools to develop awareness, qualities, communications, collaborations, plans and actions to promote well-being everywhere in all areas of life.

1 Current Scientific Inquiries

This section presents the current scientific models about the universe and life and their unresolved questions that the 7 Passions theory provides answers to in the upcoming sections. It reviews three main areas: the physical universe, life and the non-tangible aspects of mind and spirit.

1.1 Physics

According to physics' *Big Bang Theory*, the origin of the universe was a single point, *Singularity*, which contained all the energy and space-time of the universe. The fundamental forces of physics were unified as one energy field. There was no time, space or anything else before that. The Big Bang started a continuous *expansion* where that energy has been transformed into *elementary particles* ("*Elementary Particles*"), atoms, molecules of matter and the physical world as we know it today.

The *Standard Model of Particle Physics* explains that elementary particles are not made of any physical object. They are energy fields with properties such as mass, spin, electrical charge and magnetic field. These properties are defined by the laws of physics as mathematical formulas that describe quantitative measurements of scientific observations.

The Big Bang theory and the Standard Model leave several key questions unanswered. How can infinite energy exist at one point? What caused the Big Bang and why did it happen? What are the elementary particles made of? How do they know how to form atoms, molecules and all the physical entities in the universe? Is there one energy field, the *Unified Field*, which unifies all the energy fields, particles and forces in the universe?

7 Passions provides answers to these questions. It describes what elementary particles are made of. It defines the unified field and explains how and why the unified field includes all the elementary particles.

1.2 Life

Physics describes the general properties and behavior of the unified field and elementary particles but not what these energy fields actually are. Similarly, biology describes the characteristics of living organisms, such as metabolism, complexity, organization, reproduction, development, evolution and autonomy, but not what life is. Life has a self-referring definition as a set of properties that distinguishes between living and non-living entities: “Life is a characteristic that distinguishes physical entities that have biological processes, such as signaling and self-sustaining processes, from those that do not, either because such functions have ceased, or because they never had such functions and are classified as inanimate.” (Wikipedia, n.d.)

Biology and other life sciences do not study the sub-atomic aspects of physiological and biochemical processes and the unified field is irrelevant for them. Distinct organisms relate to each other via physical means, and the evolution of all species, including humans, from primitive life-forms was due to random genetic mutations. 7 Passions describes the unified field as the common energetic essence of life. It opens deeper perspectives of life that provide explanations to currently unanswered questions and a comprehensive model to the meaning of life.

1.3 Mind and Spirit

The human mind, according to neuroscience, is a non-tangible entity that happens inside the brain and can only be observed and measured indirectly. All the mental processes, such as thoughts, perception, imagination and emotions are created by chemical interactions between nerve cells – neurons.

Despite all the extensive research in the related disciplines, the brain is one of the least understood objects in the universe. Moreover, the scientific experiments and observations of the brain are only circumstantial to our understanding of the mind. The biochemical processes of the neurons are associated with the mind, but they are not the mind itself.

The field of Artificial Intelligence attempts to simulate mental processes by computer systems that mimic the mental functions of the brain. AI systems excel in limited areas, mainly performing tasks that are specific and quantitative. They cannot do simple human things, such as dancing, enjoying watching a basketball game with your friends or painting last night's dream about your childhood.

The essential aspects of the mind are not fully understood. What is consciousness? Where is our subjective experience created and stored? What happens to the mind when we sleep? Where do dreams come from? What are intuition and imagination, the ability to know what we have never learned before and visualizing what we have never seen before?

Underlying the academic studies and scientific research on the mind, is the basic human quest for passion and identity. What do I really want? Who am I? Existential and spiritual experiences are considered as subjective phenomena that cannot be measured scientifically, and spirit is not recognized by science at all.

7 Passion includes in the unified field the mental and spiritual aspects of the universe and explains how they relate to life and the physical universe.

2 Basic Model and Definitions

This section describes a model of the universe according to the 7 Passions theory – the structure of the universe, what it is made of, how it was created and how it evolves, with particular attention on the principles and meaning of life.

The 7 Passions theory describes the entire matter and energy in the universe as a unified field called *The Universal Passion*. It is composed of seven universal energy fields, called *Passions: Unity, Wisdom, Creativity, Love, Power, Joy and Peace*. Each of these seven universal passions is composed of individual energy fields of that type. Examples: the universal unity is composed of many energy fields of type unity, the universal wisdom is composed of many individual wisdom fields, etc.

Individual energy fields may exist in a variety of modes - *aspects*. Examples: *physical* aspects, *vital* aspects and *ecological* aspects. Physical energy fields are made of physics' elementary particles, which according to today's Standard Model of physics, are energy fields with properties such as mass, spin, electrical charge and magnetic field. Vital energy fields are made of elementary particles of life, which are energy fields of life-force. Ecological energy fields are made of living organisms and their shared environments.

Aspects of the universe are not mutually exclusive, and they can interact with each other. Example: Ecological energy fields are synergies of several aspects of the universe, including physical, vital and environmental aspects. Aspects may share common dimensions that have different properties in each of the aspects. Example: The physical aspect of the universe has a time dimension that moves continuously in one direction. Other aspects of the universe have time dimensions that move in many directions, in loops, or intermittently.

All the fields of a particular aspect compose that aspect of the universe. Examples: all the physical energy fields compose the physical universe, all the vital energy fields compose the vital universe - *Life*, and all the ecological energy fields compose the ecological universe.

Categorizing energy fields by both passions and aspects create corresponding *Aspect-Passion* subsets of the unified field. Examples: a field whose aspect is physical and passion is power, is a field whose aspect-passion is physical power. A field whose aspect is ecological and passion is wisdom and is a field of ecological wisdom.

Every entity in the universe is an energy field composed by integrations of individual energy fields of a variety of aspects and passions. The universe is a manifestation of universal passion. All the entities and aspects of the universe are related to each other through the universal passion, the common denominator of their seven passions.

The specific synergies of these integrations determine the properties of the entity. Example: ecological entities have two main aspects – biotic (living organisms) and abiotic (non-living entities). Therefore its main aspect-passion fields are biotic unity, biotic wisdom, biotic creativity, biotic love, biotic power, biotic joy, biotic peace, abiotic unity, abiotic wisdom, abiotic creativity, abiotic love, abiotic power, abiotic joy and abiotic peace.

The general passion of an entity's specific aspect is an energy field created by the integration of all their aspect-passion fields of that aspect. Each of these seven energy fields are related to each other through their common aspects of that entity. Example: an ecological system's biotic passion is an integration of its biotic unity, biotic wisdom, biotic creativity, biotic love, biotic power, biotic joy and biotic peace. The biotic wisdom and biotic creativity are related to each other through the biotic aspect of that ecological system.

Each of the seven passions of an entity is an energy field created by the integration of all their aspect-passion fields of that passion and they relate to each other through that

passion. Example: an ecological system's creativity is an integration of its biotic creativity and abiotic creativity and they relate to each other through that ecological system's creativity.

3 Evolution of the Universe

According to the 7 Passions theory, the unified field existed before the Big Bang. This explains the mystery of where all its energy came from, and what caused the Big Bang. Physics sees it as just a *point of singularity* where nothing happened, because space and time dimensions did not exist yet. Nothing can be more than a point without space, and nothing can happen in no time. The fundamental energy fields, the seven passions, have already formed other aspects of the universe that have been evolving before the Big Bang and continue to evolve today.

These aspects are speculated by physics' theory about many parallel universes. Several core mysteries in physics can be explained if we accept that theory. Current conflicts in the equations that describe the properties and behavior of elementary particles and all the energy and matter in the universe, can be resolved by adding to the equations mathematical expressions of other universes. However, they cannot be directly validated or refuted because scientific observations are limited to the physical universe.

This is like bishops that exist on squares of different colors on a chess board. Although they both exist on the same board, a bishop on the black square and a bishop on the white squares can never see, block, or take each other on the board. They cannot even see, block or take any other common piece at any position on the board in a specific move. They can, however, see a common piece in different positions if that piece moved between squares of different colors, e.g., a knight that moved from a black square to a white square. The two bishops can also touch each other if they are removed from the board and put by a player adjacent to each other on the side of the board. Similarly,

entities, A and B, which exist in different aspects of the universe cannot interact directly in those aspects. They cannot even see any other specific entity, C, in a common aspect. However, since entities may have several aspects, A and B may interact with C, if C has one aspect that is common with A and another aspect that is common with the B.

That explains the mystery of *Black Holes*. All matter and energy that move into them disappears. According to 7 Passions, black holes are places where physical energy is transformed to energy in other aspects. The same common energy fields, the seven passions, that in the physical universe form elementary particles of atoms, integrate themselves differently to form elementary particles and waves of other aspects, just like in Black Holes. All aspects of the universe interact with each other through the seven passions.

7 Passions also explains why the Big Bang happened. The evolutionary forces of the seven passions added a new aspect to the universe to increase the variety of interactions between them and form more elaborate entities that develop richer expressions of themselves.

The common term in physics, *expansion of the universe* is a limited characterization of its transformation. 7 Passions theory describes a more comprehensive *evolution* of the universe that explains why the Big Bang happened. In addition to the physical expansion, the evolutionary forces of the seven passions added a new aspect to the universe to increase the permutations of passions, aspects and entities and develop integrations with more elaborate qualities of the seven passions.

This is analogous to a person who authored an article to express her ideas, then added drawings and images to provide visual illustrations, and then created a video with added animations, music and voice narration. Every additional aspect of the content adds more knowledge and clarity for the audience.

The main evolutionary pattern is *Nested Hierarchies*. Where entities in a hierarchy, integrate to create together more complex entities with a larger scale in a higher

hierarchy. The components may be identical, and they may be different. These integrations are synergies because they have properties that were not apparent in any of their components.

Physics describes the hierarchies of matter in the universe and how they were created. After the Big Bang, the first elementary particles that were created were *Quarks*. According to *Quantum Field Theory*, particles are disturbances in respective quantum fields. Quarks were created through energetic disturbances in quantum quark fields. Physics does not explain where the quantum quark fields came from, what caused the disturbances, and why. Physics describes the mechanics of how the fundamental forces of electromagnetism, weak force, strong force and gravity joined quarks to create protons and neutrons, and successive hierarchies of atoms, molecules, matter, and galaxies.

The main mystery is, how did the particles and forces know how to join and create increasingly more elaborate entities with sophisticated properties that did not exist in their components? Example: what is the underlying intelligence to merge quarks and electrons and create atoms of matter? To merge exactly eight protons, neutrons and electrons to create oxygen, when it is joined with hydrogen to create water?

To emphasize this quandary, consider that since you are made of physical matter and all matter is made of elementary particles which are disturbances in quantum fields, you are just an energy field made of many disturbed quantum fields. It's quite a disturbing realization.

The physical explanations are analogous to explaining how a movie was created by electrical charges that created photons of light at wavelengths of RGB colors, which joined in specific ways to create a variety of colored pixels, which joined in specific forms to create images, which joined in specific order to create the movie. Yes, the physical aspect of a movie is made of electrical charges. As we know, the movie has other aspects that explain how all the RGB dots arranged themselves in such a way. At every

hierarchy, there was additional, non-physical, intelligence. Scientists and engineers designed how to use electrical charges to release photons of light, how to merge RGB wavelengths to create all possible colors, how to create digital photography, how to put a sequence of images to create the illusion of motion, and how to capture these sequences of images with a video camera. Movie script writers, directors, producers and actors contributed their own intelligence at different hierarchies to create the movie.

According to the 7 Passions Theory, the intelligence at all these levels was provided by the seven passions. The properties of these seven fundamental energy fields created synergies with the properties of entities at all the hierarchies. They existed before the Big Bang. They formed the initial quantum quark field and the energetic disturbances that created the quarks. Quarks are made of the fundamental energy fields of the seven passions and therefore all the matter in the universe is made of the seven passions. The universe is made of hierarchies of the seven passions.

In the following sections I will examine in detail the unique properties of each of the seven passions and how they join to create entities with more elaborate properties and the evolutionary processes in general.

4 Description and Meaning of Life

Life is an aspect of the unified field that interacts with other aspects through living organisms. It enables evolution of advanced forms of the seven passions. Living organisms manifest sophisticated qualities of the unified field through their lives.

Similarly to the physical universe, the seven passions compose the fundamental energy fields of life, the “elementary particles” of life-force energy. These are the forces that make us alive. They include our own conscious drives. They seem to us as personal desires for wellbeing and their properties are considered as the universal qualities of

life. In fact, they motivate us to develop the seven passions and thus manifest more of the universal passion.

4.1 Aspects of Life

Within all the energy fields that have an aspect of life, there are groups of fields with more specific common aspects. These are sub-aspects of life. We can identify many sub-aspects of life. I will examine the following five main aspects that all living organisms have: *Body, Mind, Spirit, Relationships, and Environment*. These main aspects of life are not mutually exclusive and distinct. They share common sub-aspect, more specific aspects of life.

I have defined and studied several other models that are based on various sets of aspects and found that this set creates a model that is both comprehensive and relatively efficient to work with. I continue to study other models that are not included here for the sake of brevity.

Every living organism is an energy field composed by integrations of individual energy fields of a variety of aspects and passions. Living organisms are the manifestation of life. All the living organisms are related to each other through the universal passion, the common denominator of their seven passions.

The specific synergies of these integrations determine the properties of the entity. Example: every human is an energy field composed of many energy fields. Each of them has five main aspects and seven passions. Therefore, a human is an integration of $(5 * 7 =) 35$ types of aspect-passion fields. Every person can be identified by their unique integrations – see Figure 1-1.

Passion Aspect	Unity	Wisdom	Creativity	Love	Power	Joy	Peace
Body	Bodily Unity	Bodily Wisdom	Bodily Creativity	Bodily Love	Bodily Power	Bodily Joy	Bodily Peace
Mind	Mental Unity	Mental Wisdom	Mental Creativity	Mental Love	Mental Power	Mental Joy	Mental Peace
Spirit	Spiritual Unity	Spiritual Wisdom	Spiritual Creativity	Spiritual Love	Spiritual Power	Spiritual Joy	Spiritual Peace
Relations	Social Unity	Social Wisdom	Social Creativity	Social Love	Social Power	Social Joy	Social Peace
Environment	Environ. Unity	Environ. Wisdom	Environ. Creativity	Environ. Love	Environ. Power	Environ.. Joy	Environ. Peace

Figure 1-1 Aspect-Passions of Life

The general passion of a person's aspect is an energy field created by the integration of all their aspect-passion fields of that aspect. Example: A person's mental passion is an integration of their mental unity, mental wisdom, mental creativity, mental love, mental power and mental peace.

Each of the seven passions of a person is an energy field created by the integration of all their aspect-passion fields of that passion. Example: A person's creativity is an integration of their physical creativity, mental creativity, spiritual creativity, social creativity and environmental creativity.

A person is an integration of all their aspect-passion energy fields. They relate to each other through their common energy field. Therefore, a person's passions and aspects relate to each other through their shared common overall energy field of that person.

There are particular relations between specific passions through their common aspects. Example: A person's overall love and joy are related through their closely related pairs

of bodily love with bodily joy, mental love with mental joy, spiritual love with spiritual joy, social love with social joy and environmental love with their environmental joy.

There are also particular relations between aspects and their common passions.

Example: A person's overall mental and social aspects are related through the closely related pairs of their mental unity with social unity, mental wisdom with social wisdom, mental creativity with social creativity, mental love with social love, mental joy with social joy, and mental peace with their social peace.

4.1.1 Body

The body of living organisms is a physical aspect of the unified field that also has other aspects of living organisms. Without them it would not be a body, but just physical matter. The physical aspect of the universe is enriched through integrations with other aspects of life. The bodies of living organisms are more evolved than inanimate objects. Plants and animals have much more elaborate interactions with their environment and with each other than rocks, stars and gas clouds. They need air, water, food and light to survive. Without them their bodies disintegrate. The physical activities to breathe, drink, eat and receive sunlight are driven by the seven passions.

The main pattern of evolution of the physical universe, nested hierarchies, applies also to the physical body of living organisms. The body has hierarchical structures, where entities in each hierarchy are composed by integration of entities at lower hierarchies. Their order reflects the evolutionary process of life, as simple organisms evolved over time by adding more elaborate properties.

The basic unit of all living organisms is the cell. All cells are made from the same major classes of organic molecules: nucleic acids, proteins, carbohydrates, and lipids. These molecules are already a higher nesting hierarchy of atoms, elementary particles,

quantum fields and the seven passions. Therefore, the body of all living organisms is made of the physical aspect of the seven passions.

The unique properties of all living organisms are determined by their DNA molecules that exist in the nucleus of most cells. All the DNA molecules are made of just four chemical bases: adenine (A), cytosine (C), guanine (G), and thymine (T). The seven passions are inherent in each of the ACGT bases and thus in the DNA.

Cells make up tissues, tissues make up organs, organs make up organ systems and organ systems make up an individual organism. The function of every entity depends on the integrated activity of its components. Muscle cells cooperate to create muscles which cooperate to move the body. Digestive system organs cooperate to process food.

All life on Earth evolved from a single-celled microorganism that lacked a cell nucleus or cell membrane. It evolved over time to humans, the most evolved organism in the universe known to us.

Organisms relate to each other through interactions between their energy fields which are all aspects of the unified field. Seeing how all life processes are expressions of the unified field reveals broader perspectives of life that expand life sciences and provide explanations to biological processes that have not been fully understood.

4.1.2 Mind

The mind is the aspect of life that operates the body. All the physiological processes are directed by the mind, most of them by the *subconscious mind*, sub-aspects of the mind of which we are not aware. Some aspects of the mind are so closely related to the body that they are almost indistinguishable. Mental emotions are closely related to physical feelings. The mind has other sub-aspects such as *memory, perception, reasoning* and *imagination*.

One of the main misconceptions about the mind is that it is created by the brain and exists in the brain. According to neuroscience, the mind is created by activities of nerve-cells, *Neurons*. According to 7 Passions, the causality is mainly in the other direction. The mind creates neurological activities in order to operate the body. The brain is the interface between the mind and the physical body.

The mind is created by the seven passions as energy fields that are not physical. They cannot be observed or measured by physical means. Only their corresponding physical activities in the brain can be physically observed. Brain waves can be measured by electroencephalogram (EEG) instruments. These are indirect observations of the mind.

In the mental aspect of life people's minds are individual energy fields. It seems that we have independent perceptions, thoughts and memories. As aspects of the common unified field, the minds of all people are related through the seven passions. They create a common energy field, the *Universal [Human] Mind*. Any group of people also create and share a common mental energy field, the *Collective Mind* of the group. The universal mind is the collective mind of all humanity.

In upcoming sections I will review how the mind relates to each of the seven passions and how they evolve through the mind.

4.1.3 Spirit

The spirit is that aspect of life that guides the mind and the body. The body's physiology is directed by the mind which is guided by the spirit. The body and the mind cannot guide themselves to maintain life. Only the spirit can do it. When a living organism loses its spiritual aspect it dies, it loses its mental aspect and the body disintegrates. The spirit can exist independently of the other aspects of life, but without a body it is not associated with a living organism.

As explained above, the body, mind and spirit of an organism are very closely related. They share similar qualities of the seven passions in different aspects of the unified field. The seven passions evolve through their interactions. When the organism dies and the spirit is not an aspect of an entity such as a mind and a body, the seven passions do not evolve. For its continued evolution the spirit associates itself with another physical entity. It is called birth.

The spirit is a non-tangible aspect of the unified field. It cannot be observed directly physically, but there are several sub-aspects of spirit that most people are familiar with. One of them is the *Vital Body*, a common energy field for the spirit and the body. It is known in various cultures as *Aura, Chi, Ki and Prana*. They are not recognized by mainstream western medicine, but many forms of alternative medicine operate directly on that aspect.

Intuition is a sub aspect of both the mind and the spirit. It serves as an interface between them, enabling the mind to access subtle energy fields that are not mental. It's usually associated with a realization of knowledge without knowing how it was obtained because it did not exist or processed by the mind.

Dream state is another spiritual aspect of life. It has some common aspects with the mind, but many mental functions, such as self-awareness, intellect and perception are limited. While dreaming, people are not usually aware of that, do not perceive what happens in the physical world and do not process conscious thoughts. However, memories of the dreams can be retained and retrieved by the mind after waking up.

The following sections will review in detail how the seven passions evolve in the spiritual aspect of life and how they integrate the spirit with other aspects of life.

4.1.4 Relationships

Relationships between people is the energy field where fields of individual people relate to others. Therefore it has common aspects with the body, mind and spirit and includes physical, mental and spiritual integrations. I have discussed before how the collective mind of a group of people is created. Similarly, the spiritual integration of a group creates a *Collective Spirit*. There are typical subsets of relationships that are loosely defined and partially overlap such as *Companionships, Lovers, Family, Friendships, Community, Vocational, Society, Humanity*.

In upcoming sections I will discuss how relationships are related to the unified field and the seven passions.

4.1.5 Environment

The environment is a general set for all aspects of life that are not human. Since the environment is mostly physical, it has many common aspects with the body, such as physical contact, temperature, objects that we can use and the air that we breathe. The senses receive from the environment information that is processed by the mind. Spiritual integrations with the environment are particularly important because conscious awareness to them is limited. In upcoming sections I will discuss the role of the seven passions in the environment.

4.2 Evolution and Cycles of Life

The unique aspects that life adds to the unified field enable much more sophisticated evolution of the seven passions. Each of the main aspects – body, mid, spirit, relationships and environment – opens new channels of expression for the unified field.

Their rich and elaborate integrations with each through common living organisms are unparalleled in the universe.

The body and mind of an organism and its relationship with other organisms and its environment exist only through the life of the organism. When it dies, they cease to exist and disintegrate. Their respective energy fields, their aspects of the seven passions that evolved through the life of the organism are transformed to energy fields of other aspects.

The spirit, however, does not end with the life of the organism. Its seven passions continue to exist as spiritual energy fields, and they continue to evolve when they bind with another body through a living organism. The new physical and environmental aspects provide the passions with another variety of integrations to evolve through. This cycle of life enables more advanced evolution of the seven passions than those of inanimate objects that are bound to specific physical and environmental aspects.

This main life cycle has nested hierarchies of cycles. There are several main phases in a person's life such as infancy, childhood, adolescence, adulthood and seniority. Each of these phases provide new settings and opportunities for growth and evolution. Within these phases there are annual, seasonal, monthly, weekly and daily cycles. The repeated conditions enable us to go through a similar cycle and implement new evolution on top of the previous results.

The annual, seasonal and daily cycles are set by the cycles of the Earth around the sun. The monthly cycles are set by the motions of the moon around Earth. The only cycle that is not set directly by the planetary motions are the weekly cycles that were set by humans as cycles of work and rest. The seven days of the week have similar properties to the seven passions. The first day, Sunday, is associated with unity and the seventh day, Saturday is associated with rest and peace.

In the next section I will review in detail the role of the seven passions in the evolution and cycles of life.

5 The Seven Primary Fields

The previous section presented the basic definitions of the 7 Passions theory and descriptions of the unified field model as a universal passion that evolves through aspects of the universe. This section describes the specific properties of each of the seven passions and their roles in this model.

The unified field evolves through all entities and in all aspects of the universe. It strives to maximize each of the fundamental energy fields. The purpose of life and the unified field in general is to serve as channels for the evolution of the unified field. Humans are energy fields that are integrations of the evolving seven passions, and changes in our lives reflect their evolving properties.

Evolution has a general direction, but it is not linear. When these properties grow the evolution is progressing in a positive direction. When the properties of the seven passions decline, evolution progresses in a negative direction.

We, humans, do not see ourselves as just channels of evolution for something else. From our perspective we are at the center of the universe and we have personal desires, our own passions. These passions motivate all our thoughts, feelings, actions and aspirations. The evolving properties of the seven passions seem to us as progress towards what we want, and since we are moving away from diminishing properties, that negative direction seems to us as what we do not want. Therefore we perceive the properties of the seven passions as desired qualities of wellbeing and parameters for quality of life.

Each of the seven basic forces of the universal passion have qualitative positive and negative directional values. *Positive Energy* is defined as an energy that promotes the evolution of the universal passion. *Negative Energy* hinders the evolution of the universe – see Figure 2-1 Qualities of Passion.

Passion	Positive Qualities	Negative Qualities
Unity	Togetherness, harmony, oneness, interconnection, sameness. Merging with whatever seems as separate from us. Being a part of something that is bigger than us.	Separation, disconnection, isolation, opposition.
Wisdom	Knowledge and experience of the world and how it operates.	Ignorance, stupidity.
Creativity	Self-expression, freedom, authenticity. Transcending existing reality with meaningful original expressions.	Dullness, imitation.
Love	Compassion, caring, acceptance, appreciation, attention to well-being, supportive intention.	Fear, control.
Power	Strength, success, accomplishment, influence, money, tools, information, the ability to accomplish and fulfill desires.	Failure, weakness, shame, frustration, anger.
Joy	Happiness, pleasure, fun, celebration.	Pain, hurt, sadness.
Peace	Trust, faith, calmness, safety, tranquility, confidence, reliance, acceptance.	Conflict, worrying, danger, stress, guilt.

Figure 2-1 Qualities of Passion

5.1 Unity

Unity is the predominant quality of the unified field. The unification of all forces and matter was the original state of the physical universe at the Big Bang. They spread apart in order to rejoin in a variety of integrations and evolve.

That is similarly to the full spectrum of light that includes all the light waves frequencies. When they are unified, they look white, and there is not much that can be done with just white color. When the waves are separated into distinct colors, they can merge in a variety of colors and create colorful visuals. Their main identity is being one of many waves that are parts of the white light and their main role is to reunite with each other for the purpose of creating colors and shapes. Imagine if everything in the universe would have the same color. We would not have seen any individual objects.

Unity is the leading drive in all aspects of life, as explained below. The experience of all of them in unity is a complete ecstasy. A common term that people use is being “in the zone”. A sense that everything is perfect and aligned with the current activity.

As individuals with distinct properties, the main challenges are to be aware of the respective whole for each individual element, to identify the role of each element, and to align with the passion of unity despite other passions.

Unity is the most important factor in evolution. The universal passion evolves when we develop the 7 Passions in all areas of life. When we operate from limited perspectives of separated individual selves, we may improve qualities of life in some areas in ways that are harmful to other areas. Unity with the universal passion provides full awareness of how to create beneficial harmony that fulfills the potential of the universal passion.

Bodily Unity is the alignment of all bodily functions with the other aspects, particularly the mind, to perform an activity, like a machine where all parts operate perfectly together for optimal performance.

Mental Unity is a complete focus on an activity and alignment of the mind with the other aspects for optimal performance of an activity.

Spiritual Unity is the experience of the entire universe as one unit, Oneness. All our subjective experiences are manifestations of universal passion. That includes other

people and objects. We are all manifestations of universal passion. We tend to experience it as togetherness.

5.2 Wisdom

Wisdom is the combined knowledge and experiences of life. We enliven it both by learning theories and information and through direct experience. Therefore, we need to fully engage in life with all our internal faculties (body, emotions, insight, intuition and spirit) and external interactions (with people, animals, plants and the elements).

One of the main aspects of wisdom is curiosity, the desire to know and gain wisdom. It drives all aspects of our mind, body, spirit, relationships and environment, in our daily activities and roles. Students learn mainly with their minds when they sit in a lecture hall. In a dance class, they learn mainly with their body. When they develop a love for their studies they learn with their heart. In an art class, they express their creativity. They develop relationships with their teachers and other students. That engages their compassion. Field trips add the dimensions of nature and the environment. Their passion for learning may also be motivated by the desire to get a degree, acquire a profession, get a job, make money, fulfill their potential, help others, and have a satisfying and respectful career.

In another role, say, a tourist on a vacation, the desire for learning is different. There are many ways to merge all these dimensions. Our life has infinite possibilities. Let each set of parameters in this model be represented by a dot. Connecting all the dots is our life-journey.

It's rewarding, but it may be frustrating and agonizing. All the possibilities don't always give us what we want. Our passion for wisdom is not fulfilled. We cannot connect the dots as we wish. We cannot be both a student, a tourist, a musician, a football player, an astronaut, a surfer, a business manager, a yoga teacher and a mother for three teenagers

all at the same time. Even when we experience wellness in some areas, in others there may be an illness.

5.3 Creativity

The intellect evolves by means of questioning, discernment, segmentation and classification. Focusing on these qualities alone creates mental separation and isolation between the universe's perceived objects. Creativity is driven by the desire for unique expressions that are different from the expressions of others. It enhances individuality and separation of the self from others.

There are many routes to self-expression. Creativity can be explored through a variety of artistic disciplines. Commonly identified methods include drama, dance, music, creative writing and the visual arts, including photography. All these activities engage the participant/artist in a process that uses a holistic health framework to access physical, mental, spiritual and social well-being.

The benefits of creative expression do not end at any particular age, but many people are not given the opportunity to be artistic as they move into adulthood. Children, youth, adults and the elderly can all participate in creative or artistic expression. It can be utilized to express thoughts and feelings that are too big or too difficult to put into words. This can be especially helpful with people who have linguistic or cognitive issues that make creating a written or spoken narrative daunting.

One of the most engaging features of the creative process is that it facilitates moments of vitality and connection for those who choose to participate in it. Sir Ken Robinson, an internationally recognized leader in the development of creativity, innovation and human resources, describes the experience: "The arts address the idea of aesthetic

experience. An aesthetic experience is one in which the senses are operating at their peak when you are present in the current moment when you are resonating with the excitement of this thing that you are experiencing when you are fully alive.” This experience is part of the enchantment that creative expression holds, the process connects us to our authentic self. Art can be the expression of our most inner selves, even of our souls.

Art can be an oasis, a place to find relaxation and calm. It can also be used to release pain and unexpressed feelings. As we express and integrate unacknowledged feelings, we honor and integrate our whole selves. Creative expression can be both a way to find calm and a way to release pain, as the state of arousal that occurs as one achieves an emotional catharsis resolves in a state of relaxation once deeply held thoughts and feelings are released.

Music engagement, which can include the passive experience of listening to music or the active experience of creating music, was seen to have effectiveness in decreasing anxiety and tension, calming neural activity in the brain, and reducing heart and respiratory rates.

Visual arts are any endeavor that results in a physical work that can be viewed and includes painting, sculpture, collage, photography or anything else that is expressed visually. Engaging in visual expression has been linked to enhanced self-worth and identity through achievement, reduced stress, increased positive emotions, and decreased markers of emotional distress. It also results in a desire to continue in the healing process.

Movement, including formal, informal and free form dance, has been observed to contribute to a positive body image as well as increased self-awareness, problem-solving abilities, self-esteem, and cognitive and psychological well-being.

Expressive writing, which can involve journaling, storytelling, free writing, poetry, or personal memoir, can improve control over pain, depressed mood, and pain severity. It

can also positively affect anger expression, feelings of social support and other general quality of life measures.

Creative expression can also contribute to staff morale, a sense of job satisfaction and individual sustainability. Creative expression can be used as a tool for individual self-care and as a way to manage trauma exposure response. Many people are reinvigorated by seeing the results that creative work can have. They may have been drawn to helping professions out of a desire to connect with clients or community members in a deeper way than they are able during the normal course of their duties. When they are able to have that deeper connection using art, their sense of job satisfaction increases and they are more able to manage the inevitable setbacks and disappointments of doing the work.

At its most powerful, creative expression can be a tool for individual and organizational transformation. It can help people externalize and name painful feelings and thoughts. It can enable people to connect to their inner voice and allow them to make themselves heard. It can flow through the barriers that separate our conscious mind from our unconscious, our public personas from our private selves. It can be a mechanism for healing and growth and community. At its most mundane, creative expression can enrich our lives in everyday ways, by brightening our mood with a glimpse of color or inspiring our imagination with a beautiful phrase or by providing a path to happiness with soul-stirring music. In any and all of its incarnations, creative expression can benefit everyone who interacts with it.

Contrary to what some of us learned in school, creative expression is not some complex, rule-laden process. It is something we all have inside of us. Creative expression is a natural human trait and has been practiced for centuries by individuals and communities all over the world. You don't need special training or extraordinary talent to be creative. You just need to be willing to give yourself permission to release your inner creative and artistic self.

5.4 Love

Love is caring for the well-being, growth and fulfillment of ourselves and others. We enliven it by knowing people, appreciating their uniqueness, having compassion for their journey, and supporting them. We're naturally attracted to what we love. When we love, our biochemistry promotes desired qualities and experiences of well-being in many areas of life.

One of the main challenges of being Love is confusing it with feelings or other qualities. What many consider a desire to feel romantic "love", are actually desires for Happiness and Peace through pleasure, fun and security. And the desire to be "loved", is driven mostly by desires for Power. Love is not a feeling. We can love even when we feel pain, sadness and anger.

Another challenge is our segmentation of Love. Sometimes, when we care for the well-being of ourselves, our family and friends, we take actions that support them but are harmful to others.

At this stage of our human evolution, we need to focus on developing Love in all aspects and areas of our lives, particularly having compassion for people that we perceive as separate from us for other living beings and caring for their well-being.

5.5 Power

Power is the accomplishment of a force that is applied to overcome resistance. We tend to perceive that the resistance is caused by a separate entity. Physical, emotional and social happiness is often experienced by avoiding pain and separation from the perceived source of pain. When we wish for Happiness, pleasure and fun, it's important

to be aware of whether our activities to separate pain in specific areas are aligned with the quality of life in other areas.

When you choose not to take any action, you remain in the same state or continue to do what you are used to doing under similar conditions, based on Newton's second law of motion. Since most of the moments in your life you are choosing not to take action, the most powerful force that determines your life is momentum, your habits. Even people who are highly spontaneous and dynamic, consciously choose to take action only with a comparatively small portion of the opportunities presented to them.

This is why dramatic changes don't usually occur in your life from one second to another. This is not a criticism. If it were not so, your body would have to exert energy at an unsustainable rate. You are designed to change gradually. It's like a big ship sailing in the ocean. The ship moves in a certain direction at a certain speed. If a swimmer touches the ship once and pushes on it in a certain direction, the change in the ship's course will be unnoticeable. But stronger, continuous, persistent pushes on the ship will cause it to change its course or speed. This resistance is desirable – how dangerous it would be if a force so comparatively small were enough to drive the ship off its course!

Similarly in the human system, a conscious decision to change does not create an immediate overall change. There can be major changes in the mental and physiological activities, but the neurons and their interconnections remain the same, your body cells remain relatively unchanged, and eventually your physiology and thought patterns return close to their original state. This means that major long-lasting changes are not created in an instant. You can take advantage of this dynamic in several ways:

- Do not expect that even the most inspiring and determined moments will create major changes in your life.
- Use your habits to become your momentum- change them consciously and be consistent.

- Use your momentum as your major driving force – this is a large part of the process of passion boosting itself.
- Recognize that time is a gift given to you, in order to make good choices for new habits and routines and test them out.

Mental Power: Anger itself is not a negative quality. It's a natural result of the sense of powerlessness. It's actually important and valuable to be aware of anger and express it in a constructive way. When you do not express anger its energy is turned inside against you, it's destruction and blocks your energy channels. On the other hand, anger is usually expressed violently against others which is also destructive and hurtful. And even when anger is expressed without intention to direct it at others, most people do feel violated due to common social patterns. The art is to be aware of it in you, and express it in harmony with other people's needs.

5.6 Joy

Joy is one of our basic seven passions. We want to experience pleasure, fun and happiness. We don't want pain. These two desires, towards pleasure and away from pain, steer you in your desired directions. The intensity of this action is felt as the passion of Joy. Happiness and pain are caused directly by specific brain activity that you interpret as pleasant or painful. These activities in turn may be caused by many other neural connections – associations.

Sensual love, for example, feels good because you associate it with pleasant sensations. Being hit is painful because it physically hurts. It's important to realize that these neural connections exist in your own brain. It's up to you to keep them, strengthen them, or eliminate them, based on the results that you want to achieve. The above associations of

love and hitting are the most common, but some people interpret them differently. For some people, physical pain is associated with pleasant sensations. Some feel pain when they make love. These neural links were programmed in the past under certain conditions. Those conditions are already gone, but the programming remains.

If you wish to erase old programming, you need to check whether the original conditions under which the neural programming was created still exist. If not, then focus on the new programming while reminding yourself that the old conditions no longer exist. If the conditions still exist, then you have to work through the relationship of the conditions and the resulting programming and untie these connections. Or, you may want to eliminate these conditions.

5.7 Peace

Peace is usually experienced as calm, assurance, presence and restfulness. It's the absence of negative qualities such as agitation, hostility, stress, confrontation and fighting. Mental, physical and social peace happens when there are no conflicting activities.

In general, when flows of energy conflict with each other, some of their energies are converted to other forms. When there's friction between two moving objects, some of their momenta is converted to heat. A loss of kinetic energy is acceptable. Our intention is to generate heat. It has two main negative consequences. One, is that when Power is applied to improve qualities in a desired direction, conflicts reduce its effectiveness. The energy efficiency of a car is reduced by headwinds. Also, the new form of energy may reduce other qualities of life. Flows of biochemicals and neurotransmitters that are intended to increase personal power, can also create physical and mental stress, which reduces most other qualities of life.

Within a complete system energy is never lost, only converted to other forms. The universal passion is ultimately completely peaceful. Subsystems tend toward equilibrium. The path of least resistance.

In addition to the apparent conflicts between Power and Peace, it's important to be aware of how overemphasis on Peace may reduce other qualities. Mental peace may create serenity when alertness is important. It may also lead to dullness and prevent Creativity. Emotional peace can be experienced as apathy, which reduces Love and caring. Social peace for the self is commonly accomplished by limiting the freedom, power, happiness and peace of others.

In this stage of our evolution, one of our main challenges is to live in peace in all areas of life without compromising other qualities.

6 Applications of 7 Passions Theory

The 7 Passions theory can be used to create practical and expand on existing theoretical models. explains the nature of the universe, so it can be used to predict future directions of the evolution of the universe and life on Earth. It can be used as a measurable benchmark to analyze scenarios of quality of living and provide specific guidelines on how to raise levels of well-being.

The following are suggested applications of the 7 Passions theory and guidelines for further research to explore and expound upon the hypotheses that it introduced.

6.1 A Benchmark for Quality of Life

The principles of 7 Passions can be used to create an objective quantitative benchmark to measure levels of quality of life of a variety of topics. Quality of life is defined as the integration of the quality of each of the seven passions.

In general, the quality of life of a person can be evaluated by their qualities of unity, wisdom, creativity, love, power, joy and peace in the main aspects of a person's life: body, mind, spirit, relations and environment. Evaluate each of the five aspects for levels of each of the seven passions requires evaluations of 5 aspects x 7 passions = 35 pairs:

- Bodily passions: Bodily Unity, Bodily Wisdom, Bodily Creativity, Bodily Love, Bodily Power, Bodily Joy and Bodily Peace.
- Mental passions: Mental Unity, Mental Wisdom, Mental Creativity, Mental Love, Mental Power, Mental Joy and Mental Peace.
- Spiritual passions: Spiritual Unity, Spiritual Wisdom, Spiritual Creativity, Spiritual Love, Spiritual Power, Spiritual Joy and Spiritual Peace.

- Social passions: Social Unity, Social Wisdom, Social Creativity, Social Love, Social Power, Social Joy and Social Peace.
- Environmental passions: Environmental Unity, Environmental Wisdom, Environmental Creativity, Environmental Love, Environmental Power, Environmental Joy and Environmental Peace.

Examples:

- Bodily Unity: all bodily functions are aligned in the person's activity. Typical examples are of a dancer who is fully immersed in the dance, or an athlete who is performing at optimal levels and feeling "in the zone".
- Social Wisdom: social intelligence, having healthy relations that contribute to the quality of life of the person and those that are in a relationship with them.
- Mental Creativity: imagination, authentic artistic expressions, original methods of problem-solving.
- Bodily Joy: feeling pleasure sensations.
- Environmental Peace: a peaceful surrounding without elements that induce stress.

Here is a suggested process for quality-of-life evaluations:

1. Identify the scope and aspects of a specific topic.
2. Create a two-dimensional matrix where levels of each of the seven passions are measured in each aspect of the topic to the extent of the scope.
3. Integrate the results to derive an overall evaluation and quantitative quality of life estimates.

Example: Evaluate the quality of life of a person driving to work in the morning.

6.1.1 Identify Scope and Aspects

Scope: A specific instance of a person who is driving in their car to their regular workplace on a specific day.

Aspects: use the main aspects of people's lives: body, mind, spirit, relations and environment.

6.1.2 Evaluate Aspect-Passion Pairs

As described, there are 35 aspect-passion pairs. Sample evaluations:

- **Bodily Creativity:** what is the measure of creativity of the person's body? For most people it's quite low. They do not move much other than with their head and arms that are doing repetitive motion like the motions that they do every morning driving to work.
- **Mental Love:** how loving are the person's thoughts? It varies, but most people are annoyed by morning rush-hour traffic.
- **Social Wisdom:** are the person's relations to others wise?
- **Environmental Wisdom:** is it wise to drive their car in terms of the impact on the environment?

The answers to most of the above are complex. There are objective and subjective factors. Some objective factors may be measured empirically. Subjective factors can be evaluated by asking the person. Each of the main aspects also have numerous factors. In this example the person's relations may be with other drivers on the way to work, with people at work, both coworkers and clients, with the driver's friends or family. Each of these can be broken down and evaluated individually.

6.1.3 Integrate the Aspect-Passion Pairs

A simple mathematical aggregation of corresponding numerical values to the aspect-passion pairs can be a starting point to obtain an indicator of the overall level of quality of life. It can be improved by providing weights to each of the values, which represent the importance of the values. For example, by taking public transportation instead of driving their car, the negative impact on the environment will be lower, thus the quality of life higher. On the other hand, it will take more time to get to work, which may have a negative effect on the quality of life. The weights given to each of these will affect the calculations of the total sum. The assigned weights are also indications of the person's perspectives of values of quality of life.

Quantitative Estimates:

E_t total energy field

$a_1 - a_5$ 5 aspects of life

$p_1 - p_7$ the 7 passions

E_{ap} the energy of passion p in aspect a

W_{ap} the weight of energy of passion p in aspect a

$$E_t = \frac{\sum_{a=1}^5 \sum_{p=1}^7 (E_{ap} \cdot W_{ap})}{5 \cdot 7}$$

6.2 Recommendations for Further Research

The recommendations for further research on the 7 passions theory focus mainly on the complementing element-whole roles of the seven energy fields in various scientific disciplines.

6.2.1 Research in Specific Disciplines

Identify each of the seven energy fields within currently defined topics and define the topics as an integrating function of the fields. Examples:

- In particle physics identify the seven energy fields within elementary particles and define elementary particles as mathematical functions of the seven energy fields.
- In cellular biology identify them as vital qualities of cells and define vital cellular qualities as integrations of the seven passions.
- In neuroscience identify biochemical properties of neurons and define neuronal functions as biochemical processes associated with the 7 passions.
- In behavioral psychology identify them as drives and motivations for decisions and actions and define decisions and actions as a synergy of the seven fundamental human passions.
- In social psychology identify them as valuable qualities of life and define quality of life as an integration of these seven social qualities.
- Environmental science identifies them as vital qualities of ecosystems and defines the overall quality of life of ecosystems as a harmony of the seven vital qualities of ecosystems.

6.2.2 Holistic Integrations Across Disciplines

Conduct comparative studies of each of the seven energy fields across different disciplines using the results of the studies described in the previous section, Research in Specific Disciplines. It has two main stages. First, create seven distinct integrations for each of the seven passions. For example, create an integrated description of Unity, using descriptions in terms of nuclear physics, cellular biology, neuroscience, behavioral psychology, social psychology, environmental science and others.

The second stage is to study comparative relations between the seven passions in different disciplines. For example, compare the descriptions of Unity across a variety of disciplines with the descriptions of Wisdom across a variety of disciplines, and identify parallel relationships between them. Define these parallel relationships and then attempt to predict similar relationships between Unity and Wisdom and other disciplines.

About the Author

[LiOr Jacob](#), the founder of Passion University, is an AI scientist who pioneered passion-based education. He [taught artificial intelligence](#) at [National University](#) and developed breakthrough AI applications for companies in Silicon Valley for over 30 years. LiOr conducted research in [higher states of consciousness](#) at [Maharishi University](#) and developed neurosomatic methods of conscious [breathing](#), [dance](#), [yoga](#), [tantra](#) and [rebirthing](#). He founded [Passion Training](#) and taught thousands of students world-wide.