

Review of “The Divine Matrix: Bridging Time, Space, Miracles, and Belief” by Gregg Braden

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ABSTRACT

The review below presents a synopsis of the content, style and merit of the book on “The Divine Matrix: Bridging Time, Space, Miracles, and Belief” by Gregg Braden (Braden, G., 2007). The book presents a mix of science, spirituality and miracles. This Mind is the matrix of all matter and all communication with this field of energy happens through emotion. Recent discoveries purport the reality of Planck’s matrix, The Divine Matrix 2007, which is supposed to bridge imagination and reality in line with people’s beliefs. In the book, Braden refers to the universal field of energy that the father of quantum theory, Max Planck, describes as a field that connects everything. The book highlights 20 keys within the 4 main points that are meant to empower the reader to feel a stronger sense of control of being an active participant in life rather than a victim of life’s whims. It is argued that The Divine Matrix is our world, and that it is also everything in our world. The human body offers us a beautiful simple example of a hologram. The power of this matrix in our lives is unleashed by an understanding of the matrix and speaking the language thereof. According to Braden, active participants create their own reality. This book is marriage among positive psychology, quantum physics and spirituality. Lessons from experiments in quantum physics suggest that the very act of observation is an act of creation, and that consciousness is doing the creating. This approach is particularly of great significance in sustainable development and global development in the developing countries.

ANALYTICAL EXPOSITION

The review below presents a synopsis of the content, style and merit of the book on “The Divine Matrix: Bridging Time, Space, Miracles, and Belief” by Gregg Braden (Braden, G., 2007). The book presents a mix of science, spirituality and miracles. In 1944, Max Planck, the father of quantum theory, introduced the novel idea of divine matrix as the source of the birth of stars, the DNA of life, and all other originations. Recent discoveries purport the reality of Planck’s matrix, The Divine Matrix (Braden, G., 2007, p.ix), which is supposed to bridge imagination and reality in line with people’s beliefs. Braden totally believes in this web of energy, The Divine Matrix, that connects everything in our lives and the world, from the healing of our bodies, to the success of our careers, relationships, and the peace between nations. The power of this matrix in our lives is unleashed by an understanding of the matrix and speaking the language thereof.

Max Planck, the father of quantum theory, described in 1944, a universal field of energy that connects everything in creation: the Divine Matrix, with these words: “All matter originates and exist only by virtue of a force... We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter.” (Braden, G., 2007, p.3). From these words, it can be inferred that The Divine Matrix is our world, and that it is also everything in our world. This means that it is us and all that we love, hate, create and experience. In the book, Braden refers to the universal field of energy that the father of quantum theory, Max Planck, describes as a field that connects everything. In this field, people are the container for all things and the bridge between all things we create internally and externally as well as the surface which reflects back all that we have created (Braden, G., 2007, p.3). The field of energy is holographic, where each piece mirrors the whole. Thus change on any level is reflected throughout the whole. All communication with

this field of energy happens through emotion (Braden, G., 2007, p.xix). The book highlights 20 within these 4 main points that are meant to empower the reader to feel a stronger sense of control of being a Clive participant in life rather than a victim of life’s whims.

Lessons from experiments in quantum physics suggest that the very act of observation is an act of creation, and that consciousness is doing the creating. Braden boldly suggests the replacement of the word *observer* with a new word *participator* (Braden, G., 2007, p.3). According to Braden, active participants create their own reality. Multiple realities are exemplified through the following:

- According to Braden, our lives are just reflections of something happening on a deeper level which contains multiple possible realities.
- Whichever reality we focus our attention on, is the one that comes to fruition.
- There is a marriage among positive psychology, quantum physics and spirituality.

In this book, Braden cites studies which he believes proves that isolated particles can do a number of things which humans were previously unaware of including the following areas which eh tried to explain using quantum physics (Braden, .G., 2007, p.210).

- An ability to be in “instantaneous communication with one another”.
- Exist in two places simultaneously.
- Live simultaneously in the past and future (and perhaps through present choices)
- Because humans are made up of particles that we are capable of these feats.
- In addition to our shared makeup, we are bound together through a shared consciousness, and so our abilities are largely untapped at this point.
- Braden believes that science has not yet caught up with spirituality and that there is in fact, a scientific explanation for the “strange coincidences” we all experience.

David Bohm found that when the particles were in this plasma (a special gaseous state) state, they behaved less like the individual units that we typically think of and more like they were connected to one another as part of a greater

existence. Bohm proposed that if we could see the universe in its entirety from a higher vantage point, the objects in our world would in fact appear as a projection of things happening in another realm that we cannot observe. Bohm gave the analogy of a flowing stream in order to describe the difference between implicate and explicate (Braden, .G., 2007, p.37). Water flowing in the same way can be seen in many different ways, perhaps as a metaphor it describes the illusion of separateness. On the same stream, one can see vortices, ripples, waves, splashes, etc., which evidently have no independent existence as such. This implies only a relative independence rather than absolutely independent existence, in other words, they are all part of the same (Braden, .G., 2007, p.37).

The human body offers us a beautiful simple example of a hologram (Braden, .G., 2007, p.101). The DNA from any part of our bodies contains our genetic code, the entire pattern of DNA, for the rest of the body, no matter where it comes from the genetic pattern that makes us who we are is always there in the code, whether we sample our hair, a fingernail, or our blood, it’s always the same. Braden argues that just as the universe is constantly changing from implicate to explicate, the flow from the unseen to the seen is what makes up the dynamic current of creation. Braden believes that we may think of ourselves as perpetual artists, building a creation that is ever changing and without end (Braden, .G., 2007, p.102). He meant that we are being surrounded by a malleable world of our own making, where we are creators ourselves. Braden wrote the book with a purpose to offer a sense of hope, possibility and empowerment in a world that often makes us feel small, ineffective, and helpless. In this regard, Braden’s shares four major discovery from this understanding of life as a hologram and it’s the power of creation:

- Discovery 1: There is a field of energy that connects all of creation.
- Discovery 2: This field plays the role of a container, a bridge and a mirror for the beliefs within us.
- Discovery 3: The field is nonlocal and holographic. Every part of it is connected to every other, and each piece mirrors the whole on a smaller scale.

- Discovery 4: We communicate with the field through the language of emotion.

Quantum physics, then, is the study of the things that happen on the very small scale of the forces that underlie our physical world. Braden asks the key question, what is in the Space Between? If we believe that the space between any two things is empty, then it seems like a tremendous waste as well. Within the emptiness we call “space”, something is actually there. According to Braden, our universe began with a massive release of energy a long time ago. How can we be so sure that everything in the universe is really connected? It appears that once something is joined, it is always connected, whether it remains physically linked or not (Braden, .G., 2007, p.105). Braden proposes the following principles concerning separateness:

- The first principle suggests that because everything exists within the Divine Matrix, all things are connected. If this is so, then *what we do in one part of our lives must have an effect and influence on other parts.*
- The second principle proposes that the Divine Matrix is holographic – meaning that any portion of the field contains everything in the field. As consciousness itself is believed to be holographic, this signifies that the prayer we make in our living room, for example, already exists without loved ones and at the place where it is intended. In other words, there is no need to send our prayers anywhere, because they already exist everywhere.
- The third principle implies the past, present and future is intimately joined. The Matrix appears to be the container that holds time, providing for a continuity between the choices of our present and the experiences of our future.

In Chapter Two of the book, Braden cites three relevant experiments in support of his theory (Braden, .G., 2007, p.37). According to Braden, we appear to be the very energy that is forming the cosmos, as well as the beings who experience what we are creating, and so we could think of the Divine Matrix in precisely the same way, as the force before other forces. It is the container that holds the universe as well as the blueprint for everything that happens in the physical world.

The experiments he cited are as follows:

- Experiment I: Poponin and Gariaev at the Russian Academy of Sciences, a series of experiments that suggest that human DNA directly affects the physical world through what they believed was a new field of energy connecting the two.
- Experiment II: In a 1993 study reported in the journal *Advances*, the Army performed experiments to determine precisely whether the emotion/DNA connection continues following a separation, and if so, at what distances?
- Experiment III: Experiment conducted between 1992 and 1995 by HeartMath implicate that human emotions changed the shape of the DNA. Without physically touching it or doing anything other than creating precise feelings in their bodies, the participants were able to influence the DNA molecules in the beaker.

All these experiments suggest two similar conclusions, which are the crux of this book:

- There is something “out there”: the matrix of an energy that connects any one thing with everything else in the universe. This connective field accounts for the unexpected results of the experiments.
- The DNA in our bodies gives us access to the energy that connects our universe, and emotion is the key to tapping in to the field.

Braden explains how the Divine Matrix works (p.139), and postulates that “*The object of our attention becomes the reality of our world*”. In this context, Braden gives the following 20 Keys of Conscious Creation, explained in the rest of the chapters of the book:

Key 1: The Divine Matrix is the container that holds the universe, the bridge between all things, and the mirror that shows us what we have created.

Key 2: Everything in our world is connected to everything else

Key 3: To tap the force of the universe itself, we must see ourselves as part of the world rather than separate from it.

Key 4: Once something is joined, it is always connected, whether it remains physically linked or not

Key 5: The act of focusing our consciousness is an act of creation. Consciousness creates!

Key 6: We have all the power we need to create all the changes we choose!

Key 7: The focus of our awareness becomes the reality of our world.

Key 8: To simply say that we choose a new reality is not enough!

Key 9: Feeling is the language that “speaks” to the Divine Matrix. Feel as though your goal is accomplished and your prayer is already answered.

Key 10: Not just any feeling will do. The ones that create must be without ego and judgement.

Key 11: We must become in our lives the things that we choose to experience as our world.

Key 12: We are not bound by the laws of physics as we know them today

Key 13: In a holographic “something”, every piece of the something mirrors the whole something.

Key 14: The universally connected hologram of consciousness promises that the instant we create our good wishes and prayers, they are already received at their destination.

Key 15: Through the hologram of consciousness, a little change in our lives is mirrored everywhere in our world.

Key 16: The minimum number of people required to “jump-start” a change in consciousness is the square root of one percent of a population.

Key 17: The Divine Matrix serves as the mirror in our world of the relationships that we create in our beliefs.

Key 18: The root of our “negative” experiences may be reduced to one of three universal fears (or a combination of them): abandonment, low self-worth, or lack of trust.

Key 19: Our true beliefs are mirrored in our most intimate relationships.

This key comes with five ancient mirrors of our relationship:

- *The First Mirror: Reflections of the Moment*

- *The Second Mirror: Reflections of What We Judge in the Moment*

- *The Third Mirror: Reflections of What We’ve Lost, Given Away, or Had Taken from Us*

- *The Fourth Mirror: Reflections of Our Dark Night of the Soul*

- *The Fifth Mirror: Reflections of Our Greatest Act of Compassion*

Key 20: We must become in our lives the very things that we choose to experience in our world.

The only difference between those isolated particles and us is that we are made of a lot of them held together by the power of consciousness itself.

CRITICAL CONTEXT

The book by Braden (2007) may be looked at as a link between man, the universe and the field of energy as presented within a metalinguistic background. Life provides social mirrors in which we are able to see and recognize our patterns of behavior as social beings and examines specific traits in relation to geographical settings and the human construct of reality (Evani *et al*, 2016). Humankind is conceived as the container for all things and the bridge between all other things we create internally and externally, as well as the surface which reflects back to us all that we have created (Braden, G., 2007). This means that humankind constitutes the fire within which life energies emanate and are ignited. This field of energy was perceived by Braden to be holographic in the sense that, changes at any level are reflected throughout the whole field because all communications with this field of energy is manifested through emotions.

The Divine Matrix by Braden highlights twenty keys in life situations which are related to his four main points that are meant to empower the reader to have a stronger sense of control by being an active participant in life rather than a victim of life’s whims and Caprices (Evani *et al*, 2016). According to Braden, active participants in this race of life create their own reality, which can be duplicated and multiplied because as these life realities just reflections of something happening on deeper levels which contain multiple possible realities. Braden argued that

whichever reality we focus our attention on is the one that comes to fruition. This totally agrees with the general Christian belief written in the Bible (Proverbs 23:7 KJV) which states that “*For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee*”. This belief statement which states that “as you think so shall you become” was justified by Braden by making making allusion to other scientific knowledge like the balance beam, Positive psychology, quantum physics, and spirituality which other social philosophers in demonstrating that life achievements are emanations of our spiritual constructs.

Braden further explains his position on the ability to be in “instantaneous communication with one another” on the premise that particles existing in two different places simultaneously are connected by life energy. He explained this to be possible on the conviction that humans are made up of particles that vibrate at similar frequencies and are capable of intercommunication. Consequently, regardless of our divergent visions, we are bound together through a shared consciousness which has remained largely untapped at this point. Braden, therefore, urges science to catch-up with spirituality so as to scientifically provide explanations for the “strange coincidences” we all experience in our life waves. The quantum physics explanation and the phone call phenomena paves the way for the assessment human holographic field of energy. The key question asked by Evani *et al* (2016) was on how to assess this link between mankind and the universal field of energy.

In the scientific world, it is generally believed that there exists a natural DNA of a universal resonance amongst the human races that at times produce simultaneous electrical responses though with different variance, although humankind is different in race and in his ecological settings. This means that emotional communication exists within the natural human DNA which influences our interpretation of life events in like manner (Evani *et al*, 2016). The interesting revelation with this is that a field of energy could exist between two or more distinct human beings with totally diverse geographical and sociological locations. Hence, there is a matrix of energy that connects any one thing with everything else in the universe, and this connective field accounts for the unexpected and

inexplicable similarities observed in human behaviors though they are separated geographically, economically and socially. According to Braden (2007), this is justified by the fact that the DNA in our bodies gives us access to the energy that connects our universe and through emotion, we tap in to the field of interconnected energy, called a conscious creation that gives the ability to be active participants in life knowledge exchange. It is fascinating to note the interconnectedness that exists in the diversity of existence by stimulating a sense of awareness alongside the Divine Matrix. This confirms that fact of life that reality is always more complex and that our understanding of it is an inconstant variable because there are always other frames (Evani *et al*, 2016).

Braden asserts that the Divine Matrix is the gateway to living a more meaningful and fulfilled life, enhanced by life energies and universal connectedness (Braden, G., (2007). However, there are universal fears which can contribute to the negative patterns that exist in our lives which include the following:

- Fear of separation and abandonment.
- Fear of low self-worth “*When we feel as though we can’t achieve our biggest dreams, the Matrix simply gives back to us what we’ve given it to work with: delays, challenges, and obstacles.*”
- Fear of surrender and trust.
- The lack of determined and focused action.

From the analysis of the above stated fears by Braden, one can infer that our societies are mirrors in which we are able to see and recognize our patterns of behavior because every human society reflects a frame or system of behavior, customs and social structures, knowledge, beliefs and values through which life is organized and made meaningful (Evani *et al*, 2016). Braden (2007) is of the view that some of these life organized mirrors are reflections of what we judge in the moment, reflections of what we have lost, given away or had been taken from us. These reflections dominate our dark moments of life or our night of the our greatest act of compassion. The mirror image reflection is an intrinsic recognition that our life patterns are judged and valued by the society in which we

live (Evani *et al*, 2007). Braden posits that “each mirror is a stepping–stone towards a great level of personal mastery”, and so each time we recognize one of the mirrors in a particular place in our life, there’s a good possibility that we find the same pattern playing out in other areas as well; hence the duality and connectedness of our life.

According to Evani *et al* (2016), Braden’s methods of dialogical action and connectedness are perceived as a crucial instrument of interaction, aimed at liberating not only the economically oppressed, but eventually also the interveners from his own conditioning as a global thinker. These methods are intended to create new forms of knowledge, power, and understanding of reality, which are necessary for a better understanding of the universe. However, it has been observed in other different communities that conscientization exercises have not always led, in practice, to the types of dialogical interaction persistently advocated by the ongoing process of globalization. This delinquency is evidenced by the closer look at the theory of historical conditioning and the associated levels of consciousness. Change is always at the centre piece of the various aspects of human activities associated with the use of resources, and our understanding of human/environment interactions. Despite wide diversity in economic development in various parts of the world, it is generally recognized that human and environmental welfare are intimately linked (Evani *et al*, 2016). Adjustment to and managing change is particularly key to sustainable development and improved use of resource in Africa.

Braden (2007) observed that, in dependent societies and during transitional phases, the oppressed do not yet have a critical consciousness but rather a popular consciousness. This is why the dominant groups would have their own distorted perception of their condition, which needs to be dealt with in the global connectedness. The fact that entire populations are robbed of their possibilities of relating and acting together, in their own best interest, is indeed a most serious issue within Braden’s Divine Matrix and global development concept. This represents a state of violence which cannot

leave anyone indifferent, and it, no doubt, calls for actions towards global development. Contemporary history is particularly rich in cases where induced participation in projects of an ideological, national, or ethnic nature had repeatedly led to frightfully self-destructive tragedies (Evani *et al*, 2016). According to Braden this led to the physical or mental destruction of millions of innocent people in Congo, Sudan, Côte d’Ivoire, Chad, and elsewhere. All these difficulties point to a basic dilemma facing the participatory phenomenon (Braden, G., 2007). The Divine Matrix explores the spiritual and socioeconomic dimension of the human universe. The worlds’ activities and interconnects are centered on man with his fellow humankind through life energies that run through the natural ecologies and geographies of the world providing the nerve wave human interconnectedness (Evani *et al*, 2016).

“Sustainable development” is development that meets the needs of the present without compromising the ability of future generations to meet their own needs. Sustainable development has remained elusive for many African countries. Africa's efforts to achieve sustainable development have been hindered by conflicts, insufficient investment, limited market access opportunities and supply side constraints, unsustainable debt burdens, historically declining levels of official development assistance and the impact of HIV/AIDS (Kabanda, G., 2011). Sustainable Development begins with education in general and human capital development in particular. Education is the centrality of the following sustainable development elements (UNESCO, 2014, http://unesdoc.unesco.org/images/0023/002305/230508_e.pdf):

- Poverty reduction
- Nutrition improvement
- Health gains
- Life-long learning
- Gender equality and empowerment
- Water and energy sustainability
- Economic growth
- Inequality reduction

- Urban development
- Environmental protection/resilience
- Peaceful, just and inclusive societies

INTEGRATIVE CONCLUSION

The essay or review presented a synopsis of the content, style and merit of the book on “The Divine Matrix: Bridging Time, Space, Miracles, and Belief” by Gregg Braden (Braden, G., 2007). The book presents a mix of science, spirituality and miracles. Braden contends that the Divine Matrix bridges imagination with reality (Braden, G., 2007, p. ix), and that all communication with this field of energy happens through emotion (Braden, G., 2007, p. xix). The field of energy is holographic, where each piece mirrors the whole. In 1944, Max Planck, the father of quantum theory, introduced the novel idea of divine matrix as the source of the birth of stars, the DNA of life, and all other originations. In this field, people are the container for all things and the bridge between all things we create internally and externally as well as the surface which reflects back all that we have created (Braden, G., 2007, p.3). According to Braden, active participants create their own reality. From this book by Braden (2007), it can be concluded that The Divine Matrix is our world, and that it is also everything in our world. Braden totally believes in this web of energy, The Divine Matrix, that connects everything in our lives and the world, from the healing of our bodies, to the success of our careers, relationships, and the peace between nations. This is particularly of great significance in sustainable development and global

development in the developing countries. The book highlights 20 keys within these 4 main points that are meant to empower the reader to feel a stronger sense of control of being an Clive participant in life rather than a victim of life’s whims.

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