

Understanding Secular Spirituality

-
A Practical Pseudo-
Scientific Model and
Metaphysical Toolkit



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NOTE: This is a work-in-progress artefact.

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Introduction

Enclosed is a work derived from my personal experience, having as a young adult found myself a spiritual lad, and sought to understand energy, and as a slightly older adult, some ten years senior, having found myself out the other end of it. My technical background has brought a specific slant to my understanding and this has given an added dimension to the provided grasp, which is at once first-hand in lived experience, in the visceral; and also analytic, organised, and ordered, in the conceptual scaffolding and framework. Together and unified I find this to be more satisfactory than the answers I was provided growing up, and hopefully can provide some sense of food for your appetite if you are the sort that wants answers, and to ‘just know’ how everything, including reality, works, with the bonus of this having a holistic view. You may also wish to build on this as a foundation. I am not saying everything written here is verifiably true in a scientific sense – no, this would verge on pseudo-science in that case (although note I do use some tools found in physics – perhaps a physicist can hone my use of them – and I do at times use the language of science) – however it is true in that much of it is a first-hand account from real-life and the human experience, meaning I am providing visuals on the sides to the world which I have seen, and used a general approach which has meant that hopefully this does land for you even if your world and life have been different to mine. This is not, however, a scientific work.

Wide-reading over the years has also contributed to this, countless sources which unfortunately cannot be named, however just know that I have been an avid reader for much of my life, albeit in different forms and formats, sometimes digesting articles online, sometimes reading literature, or in the abstract sense of reading as the comprehension of subjects of different fields in my learning, training, education, and understanding both formal and informal in practice. The spirituality of the title refers to a contemporary (‘secular’) spirituality found in the 2020s of the West, however the principles and understanding does transfer to aspects of Hindu, Buddhist, Sufi, Tao/Dao traditions and possibly anything else with a spiritual basis, for the experience and reality shared by the beings should be the same or similar.

Occasionally, there are inventions for the sake of completion of the model, and these are a path forward to build it. I urge you to suspend your aversion to the choice of the inventions if necessary for the sake of value when taken together and its surprising use for insight. In this way, we make knowledge through discovery of a way, in the land of concepts and the words which describe them. (You may have surprising insights as I have, as we proceed, where various moments show how understanding of a concept in spirituality can be applied to other areas, this is due to the holistic and general nature of spirituality, as a high-level field.)

What this book is not is an academic research project, for that I would have to claim this would be following academic rigour, which even if it has been the case, which is unclear due to the experiential nature of the journey which resulted in this book’s understanding, is not claimed here for the standard of referencing and so on that goes with an academic label would not be met, and I would not wish to affect my reputation through an inaccurate labelling of what this is. As much as I naively dream of being a professor, this work is not the work of one – heed!

I bless you on your journey.

Incidentally, this may be what stops me becoming one (a professor).

Note that the sections tend to follow from prior content and so should be read in the order given, in series, without jumping or skipping.

Later note:

Also know, I have had mental illness and have received treatment.

I have developed much during the writing of this work, and already would do much better if starting afresh. As happens, happenstance, I have decided this will be the version I will stick with (after many previous works on the same subject), and any historic immaturities or irregularities shall be tolerated whilst I build on top of the foundations of this work.

I henceforth may be working on removing the 'pseudo-' from the title of this work.

R.V. BELL

*United Kingdom,
October 2025.*

Dedicated to C., the most beautiful person I have ever met; and you, the reader.

Here-in contains a model for reality,
statements may seem dogmatic if not viewed as a model which serves a purpose.

“A person with new ideas is a mad person, until their ideas triumph.”
– Marcelo Bielsa, adapted.

01 – Quasi-‘Definitions’

Let’s get some broad ideas of quasi-‘definitions’ for a few items.

Spirituality is an experience. It is subjective and felt, and emotional. It can also pertain to discipline and faith, amongst presumably more things; however, in this work, spirituality will be referred to as a subjective felt emotional experience. Spirituality is deeply personal. Following from these referred to notions, spirituality can be thought of as at times corresponding to your emotional world.

Energy is a crucial part of contemporary spirituality and its conversation. Understanding energy is crucial to understanding spirituality. However, energy is also a concept in physics. Where these two overlap is in *metaphysics*. For example, spiritual energy has potential, much like that in the field of physics. I will not claim for energy to be one and the same in a spiritual context to that of physics, however I believe the word points to a fundamental nature of reality which can be unified across disciplines. This work, however, deals with the spiritual view of energy and a metaphysical model for it.

Pretence is a lesser known and overlooked concept which I think has a much larger role to play than it does currently. This will be discussed further later on.

Energy

Energy has multiple components. Really, to begin we have to think of the world as being filled with energy, which is like a fluid. Energy feels like a fluid because it is the breath being experienced. Much of what we experience and reality can be described on different levels – levels of abstraction, levels of detail, levels as in scales, and levels as dimensions. A different ‘level’ gives us a different perspective of the same item. For example, we may view energy as being the fluid which fills the world in one level or the nervous system’s way of sensing the CNS fluid in the spine in another. A specific level may also be described by different language but describing the same thing. For example, energy filling the world in one language and energy as the breath of the world in another (“...the answer is blowing in the wind...”)

Energy’s components:

1. Fluid property. (This is felt)
2. Informational property (Information is fundamental to the base operation of the world)
3. Emotional property (This is experienced, like the ‘hue’, or colour, of the energy)

Together with these you can characterise a point in space.

Information

Information and energy have a relationship. I think of the world as an information field (where field refers to a conceptual tool found in physics), however keeping things simple for now, you can think of the world as being made of information as one of the fundamental ‘things’ operating at a base-level. So what is information and energy’s relationship? Well, information is a property of the

energy, but.. information probably rests underneath energy and energy is influenced by or ‘makes use of’ it. Information for our purposes can be thought of as the grid-lines in the world as the fundamental ‘bit’ that runs the world and makes it work, when fed concepts to materialise. Information, then, is the hardware that the world runs on. The world is operated through information and within you get the energy flowing. For those who have an information field persuasion, the information field is filled with energy. Energy is then the fluid which creates dynamics alongside pretence.

Concept

- Materialised in world through **information**.
- Approximated by us through **language**.

Pretence

A pretence is a bubble which can be popped. It is an elephant in the room which can be acknowledged. It is dark that can have a light shone on it. Pretence in one’s constitution makes one pretentious. This latter form of pretence is found in the body in the tensions of one’s holding pattern physically. Metaphysically, however, a pretence is like a wave (as in physics) with a high frequency or short wavelength, whereas something less pretentious has a lower frequency and thus longer wavelength. I propose that everything in the world (inside the information field) is made of pretence, which is a constitution of energy. Pretence is a materialisation of a concept. For example, matter is pretence of a high frequency, action is pretence of a slightly longer wavelength, speech is pretence of a slightly longer wavelength, one’s holding pattern physically in their body is pretence of a slightly longer wavelength, thought is pretence of a slightly longer wavelength, and mental images are pretence of a slightly longer wavelength. (Don’t worry about the order at the moment, the important thing at this stage is that everything is a pretence, which is a constitution of energy as tension in that area of energy. Later a visual aid will be provided.) Somewhere along this spectrum is a situation, also a pretence.

Pretence is tension in the energy. And tension comes with resolution.

Structure

Structures exist in the world. Physically, and metaphysically. Structures can be made of multiple pretences together. For example, one’s holding pattern being made up of many individual pretences within a person, or also in a skyscraper, in its various bits of matter working together.

Metaphysically, the structures are made of pretences, and the pretences are tension in the energy, and energy has an informational component, which is the concept being materialised, and can be described by language. Together broader concepts can be materialised in an individual pretence of a concept, or structures of pretence of multiple concepts.

“Non-Duality”

A key idea, but also lived experience in certain individuals, is that of non-duality. The world is thought of as separate, and then the world is thought of as one. We can find through our experience that really the edges between things, however hard and crisp they look, can eventually be softened so as to find that the pretence making them up and its tension can eventually resolve and lengthen in

wavelength. This is because it is all a big soup (of energy's fluid), and the pretence materialising something (e.g. a thought, mental image, matter, and so on) is really never separate from the rest of the energy. When the pretence resolves, it will lengthen its wavelength to match the environment once again (assuming the environment is less pretentious.)

Hard and Soft

Hard is edges. Soft is blurred edges.

Hot and Cold

Heat softens, cold hardens.

Objects

Given the illusion of so-called here 'false edges', we think of something as an object. When the pretence softens and its pretence's tension resolves, it returns to be one with its environment – though, it was never separate to begin with.

Vibes

Vibes are when one feels energy. When one feels energy's fluid, and feels its informational component (e.g. the concept being materialised by the energy, e.g. an adjective such as 'cool' – "this has cool energy."), and feels its emotional component (e.g. feeling another's energy making one feel the emotion of those around them (the surrounding energy, the environment's energy.))

Planes

We tend to see the world as made up of the physical, and the mental. I call these the two planes due to existing mention of the physical plane as language that has been used before. Whether this is the language of academic philosophy, for example, and the term they use – I cannot say as I am not an academic philosopher. The mental plane is also called the ether. Whilst the two are thought to be separate, they are really just pretences of a different order of magnitude (different size of frequency), and so the separation is kind of an illusion. There could be said to be a valley (U-shape) separation between the pretence scales of the physical and the mental. However, we will find as we progress that there are pretences which bridge the two. For example, speech is a materialisation of a concept which has a longer wavelength in its pretence than action and shorter wavelength in its pretence than thought, however speech bridges the two, between the mental and the physical of thought and action.

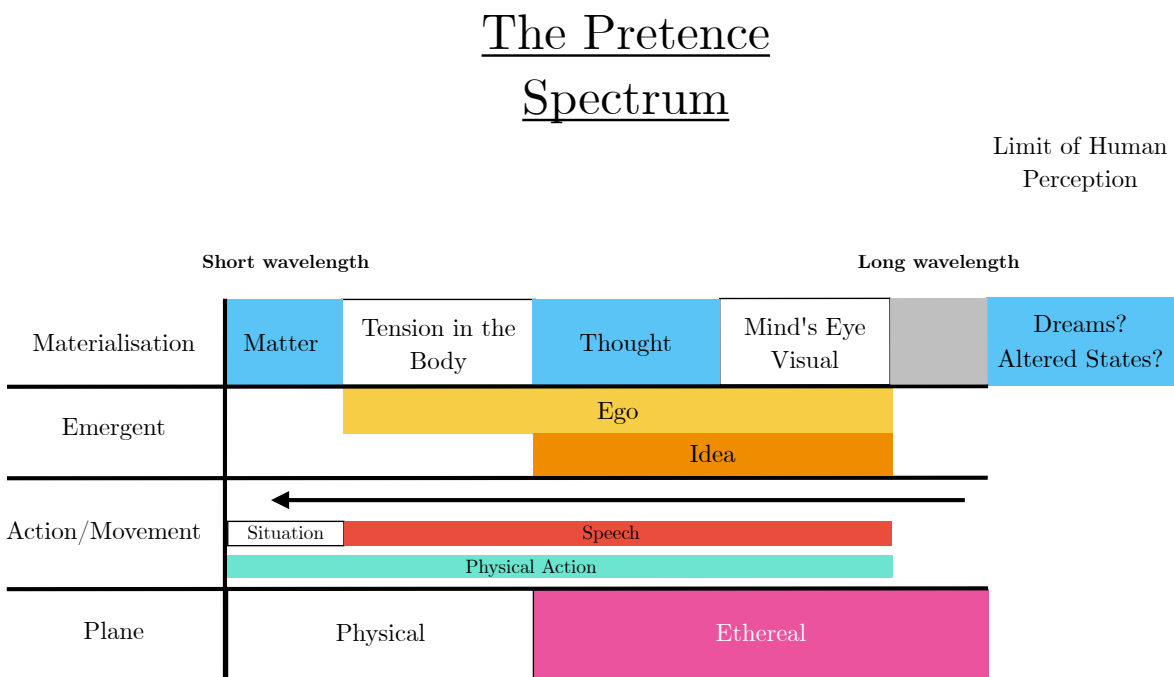
Language

Language can be said to approximate the concepts which materialise in the world. Different foreign/natural languages bring different traditions of understanding and paths and structures of concepts together. Some may choose to believe that language itself is what the world is made up of, as a wave like sound which modulates, and so different foreign languages are literally different materialisations, however we do see that sometimes two different languages point to the same concept. Where they differ is likely in the quality of their energy, as a different foreign/natural

language is a different energetic tradition. Understanding here can be improved. In the section on language, I show some research I have done in this regard.

02 – The Pretence Spectrum

The below items are subject to change upon more study and research:



Materialisations

Pretence, a constitution of energy in tension, materialises a concept, as encoded in the informational component of energy and as described by language.

These are, in order:

1. Matter
2. Tension in the Body
3. Thought
4. Mind's Eye Visual

‘Emergents’

Some materialisations together produces what I term an ‘emergent’ – this is one level of abstraction above the materialisation and an emergent property of the materialisations in combination.

These are:

- The Ego
 - An emergent from pretence in the body, thought, and mind’s eye visuals.
- Ideas
 - An emergent from thoughts and mind’s eye visuals.

Actions/Movement

When certain materialisations on their own or together are in movement, or act, they can be labelled as one of the following:

- Situation
 - Action and movement of matter.
- Speech
 - Action and movement of tension in the body, thought, and mind’s eye visuals, together.
- Physical Action
 - Action and movement of matter, tension in the body, thought, and mind’s eye visuals, together,

03 – Energy Wells

The more pretentious energy in a particular area of space is, the more difficult it is for it to exchange energy with its surroundings. This results in information not escaping and the illusion of edges, and separation in the world. This can be modelled as a well, like a gravity well in physics. A being has a well themselves, this is what separates a person's personal experience from the outer world. A person's well is their psyche. One can go deep in the well and this relates to one's depth of psyche (which, being energy, means there is depth of information and depth of emotion, using these two components of energy.)

04 – Spiritual Vibrational Dynamics

We learn that the dynamics of energy follows laws and rules, that socially we are beholden to the world / reality with respect to the rules of energy and what's possible in its dynamics.

For example, one person may follow the rule, if an element in an environment has pretence of a longer wavelength than its surroundings, and the element interacts with its environment, it will more readily harden to a pretence of a higher frequency (and thus shorter wavelength), than if it was of a higher frequency and its surroundings was of a longer wavelength. I.e. a person may follow the rule, they more readily harden than soften. In this way we can begin to parameter-ise beings, such that we can say, in another example, this person has lots of ideas popping up all the time, thus can be parameter-ised to have a high frequency of pretences of a specific frequency/wavelength occurring at specific regions in space corresponding to the position in which their body is, or where their head is. Really, we do this parameter-isation of people all the time when describing them by language, for example when calling someone thoughtful.

More generally, we follow rules in the way in which energy dynamics can occur. For example, energy can trade and swap, and energy can interact at a distance through attention of the eyes.

Interaction

To understand what is going on, we must first model the energetic dynamics as an interaction, atomically, such that there is just one thing going on. We have the interaction parties (those present in the interaction) – these are beings generally; we then have their environment, the energy of the surroundings including the pretences made of the energy (where a pretence is a constitution of the energy, materialising as thought, matter, mental image, etc.).

Broadcasting and Receiving, Compassion and Empathy; Creation Law; Modification Law;

When one projects speech, they are broadcasting their energy to others who can then receive it and then feel their energy. When one does action, they are broadcasting energy. If you slam a door, you

are making large waves for a particular energy to spread outwards to other space. This can go through walls although the walls may absorb it in-part. When one, or when a thing / element receives energy, they become like it. It is why we don't like being shouted at, or why we may become sad at seeing someone else who is sad. This is the basis for compassion and empathy.

Likewise, when an item is created, it follows a creation law: it will have, at the beginning, the energy of the creator at that moment in time, and likely the tools used to create it. When one observes the creation later, they may get a sense of feeling of that energy which the creation was imbued with. Where this gets interesting is where a beautiful creation is made under sub-optimal circumstances, perhaps because the beauty was inside the creator, even though the situations they were in weren't beautiful in a conventional sense.

Modifying a creation modifies its energy – this is the modification law.

Spatial-Claim Theory; Different Realities; Auras

When one makes the energy of the surroundings theirs, they are taking ownership of the space, which could include a person. That means, it (the energy) is more likely to follow their narrative and be “on-boarded” onto their reality. This is because the person has a specific reality with a specific future, and the world can be viewed a stage of various realities mixing to create a new future. In this way, the world's reality is influenced and affected by the reality of each person, who brings their own view-point. Different realities exist in the world, in different people's experience, in different regions of different countries, in different rooms, different pieces of literature, and so on. Where the world is standardised and homogenised, the future is more reliable for the most people and everyone is on the same page. At present at the time of writing, it appears not every nation state is coming at the world with the same motivations for what the future should be, meaning a possible competition if a ‘everyone can win’ approach is not taken. Different realities occur due to the different qualities of the energy in different points in space (bringing with it the different energies' fluid, informational, and emotional components.)

This ownership of the space and thus influence on energy explains auras, where an aura is the local spatial ownership in one's proximity, and its associated energy and that energy's qualities. This likely occurs because it is easier to own the space immediately surrounding you than other locations, as you influence it most readily.

War and Peace, Change

Gentle change is peace, the opposite, the opposite.

Energy Laws

Swaps (“Challenges”)

It appears there are times when energy between two interaction parties ‘swaps’ instantaneously. This occurs at specific moments (which I describe as the win or loss of a ‘challenge’, however this language is subject to change due to the slightly dismal nature of its outlook.)

Using the language of challenges and win and loss, in lieu of a better alternative at present:

One can also win the energy of another in the win of a challenge, leading to a possible draining of the other. Having this windfall of energy makes one feel good and gives them more luck, due to the potential of energy, however can go wrong if not harnessed correctly.

Trades (“Soul-Parts”)

The energy of one person, with information of that person, can be stored in another person’s physical body tensions and held in their ego (storing others’ energy, which must eventually be released). The person may then pass that energy on to a different person in a subsequent interaction without the original party present. Later, the original party gets their energy back, but indirectly, via an interaction with the third party. There is a possibility due to this that meetings with someone happens in multiples of 2 if the soul parts have not been passed to a third-party.

True Communication; Opening and Closing; Chakras

Pretences in the body can open and close. True communication occurs when parties in an interaction are open and energy can freely exchange, which brings with it its informational and emotional components. The informational component exchanged means that the second party in an interaction can learn new things and gain new information easily. Pretences opening and closing in the body can correspond to existing understandings of chakra points. Really, in this understanding, pretences opening and closing are really forming through tension and then resolving, before forming again as tension in the energy – and that they tend to happen at that specific location because that is the position of a chakra point.

Distant Interaction, Eye Attention

Attention using the eyes allows energy to interact at a distance. This produces what appears to be all the usual effects of interaction: energy exchange, mixing and influence (including the components of energy: fluid, information, emotion); swaps; trades; and so on.

Energy Curation, Accent; Word-Claim Theory

One can curate a specific energy in themselves. This affects their qualities and accent. The energy curated inside oneself has information attached. In conversation with another, we pass the energy on to them in speech (also in action, other pretence wavelengths etc.) which brings with it the informational and emotional content. This can mean we pass the previously-held information onto someone else, for them to live out. That means we can “lose” the words associated with the information and no longer live out those words, instead for the other to have and live. This can be thought of as ‘word-claim’, where a specific word is held and grown in one and then passed to another.

Having Shell, Reality Interfacing

The pretences of one’s ego have a hardness and well, such that a different reality can occur separate to the reality outside in the environment. This means one can live a different existence inside their ego. What this means, however, is once one comes out of their shell, in any way (micro openings of their shell, or full-blown ego dissolution), they must then interface their inner-world with the outer

one. This can be damaging if there is not an awareness of what is going on and if the interfacing of the different realities is not done skilfully.

Healing, Structural Support; Addressing

Healing can occur when one's pretences are supported, this supports the structure of the pretences together. The structure can then become what it wants to become and usually subsequently resolves. This relates to the awareness and casting a light on unaddressed items, such that we can heal ourselves.

Gravity, Gravitas

Gravity occurs when there is a differential in the reality between the 'inside' and outside of an object. Highly pretentious items like matter exhibit gravity, whereas pretences of a longer wavelength exhibit it more ethereally as gravitas or weighty as felt energy.

More on Inner-Outer Worlds, Reality Differentials

Within one's energy well, their psyche, from the inherent pretence their existence brings in the world (not the additional pretences on-top of their being from their ego), is space and depth for a different world than the outer one to exist. When interacting with others, we get their energy in doses and the information property of this energy can go into our well, and make up our being. We can store the others' energy and end up in that sense with a version of that person inside ourselves. They will not be the same, but it will be them nonetheless. In this way we spread ourselves in the world across space and time and can live in different forms, in different people, and the 'spirit' of us lives on after our conventional death. This is well-known but not formalised, for example in the language that one lives on in another's heart after passing. Incidentally, the heart is very core to one's being.

Subsequent interactions with the other person can update our information of them inside our well, which then begins to form our view of them, a literal version of them inside of us. Of course this doesn't just apply to people, but any energy.

Something key here, then is the disparity between the reality of a being and the outer world / environment. This reality differential or disparity results in edges, a well, and relates to pretence. I suggest this is studied further.

Ruling Words; Having Words

A word can rule a person. This can make them have to dedicate their life to studying it instead of just having the word and being able to move on. They may not know consciously, but look back and see they have dedicated a great amount of their personal resources to wrestling with the concept behind the word and making it work for them in reality. This is a ruling word. Sometimes, individuals do not like those things that rule them and the words that they do not have. If one 'has' a word, they naturally can embody it without effort or resources. Some are privileged to grow up having very sought after words, although without study on this from the author it is hard to say, but can be assumed we all are ruled by certain words, and have to go into depth and detail of certain words because we do not have them at some point in our lives. Certainly everyone's life embodies

certain concepts, the words you 'have'; some are broad strokes across their entire life, and others for fleeting moments. Interestingly, some of those which have to work hard for something and not just have it may be disadvantaged in the short-term, but in the long-run can go much further, at least sometimes.

Sex Definition

Sex is defined as the dynamic between tension and resolution of pretences.

05 – Spiritual Hygiene

The goal of this work is not to provide guidance, however a few example pointers have been provided below. These are some methods of attaining spiritual hygiene.

Waiting Until Your Energy is Best

Before creating, for example writing a message to somebody, ensure your energy is at its best. You may choose to stay in and use energetic cleaning practices to improve your energy before ‘going out’ again.

Cleaning Energy

Various practices exist for cleaning one’s energy. These can be found online. Some people prefer and believe in certain practices over others.

Note: This can even include winding down, ‘unplugging’, and relaxing with something feel-good to improve your energy – interestingly these mentioned words pertain to resolving, or at least relaxing the tension of your ‘additional’ pretences (ego) and consuming something feel-good pertains to ‘receiving’ energy..

Clean Interactions

Clean interactions can be produced by waiting for your conversation partner to finish speaking fully, giving a little space, and then speaking in your turn. This prevents cross-talk and interruption which could otherwise produce mixing an anxious energy in your conversation partner, where we should not wish to produce anxiety in the world. However, this results in formality over informality. This extends to areas such as crossing the road in a risky way, where being in the road in an unexpected way can result in drivers getting anxious energy (even though pedestrians may have the right of way, and if they do should not be as vigilant - though this is not a work on road usage.)

Physical Cleanliness

This ensures negativity, and thus negative energy (energy of a negative pole, which materialises concepts and thus words deemed negative), is not bred, which occurs when a space is not clean.

Broadcasting Responsibly

Only broadcasting words and concepts which are good, such that the good concepts can grow and be built in the world and the bad ones can die out. Saying something bad can lead to others living that bad thing, even if just ethereally in their mind. Although, be aware there is an argument for not forgetting bad things so that we can prepare for bad times in the future, know potential outcomes, and develop our means of mitigating them.

06 – State-of-the-Art in Language Areas

Chapter outlined for future with possible headings.

Linguistic-Idealism

Linguistic-Determinism

07 – The Universe and Other Names; Modelling World as Being

The world within the information field goes by different names. Most currently we use the name Universe. Modelling the world as a being may be chosen to be done due to it having its own reality, different to the reality of most people within the world; and the fact that the world can be fractal in nature (where modelling the world as a being results in beings in beings, which is fractal.) Some of a religious view could say that people were made in the world's image. Still, modelling the world as a being means it has its own energy well. This energy well means there is depth to the world and there are unseen things within the world's psyche. This explains the fact that we can go deep on something and get more information. No matter if you go deep, or remain shallow – you can still end up with some of the same universal truths, which transcend scale and depth, and level of detail, and amount of eccentricity.

Appendix 1: Next Steps After This

Once you have mastered the contents of this ‘theory’, interesting hypotheses exist which can be pursued intellectually. One such item is particularly interesting, however it will not be published at this stage (hint: it involves spacetime.)