

Imagine that the world we live in is as part of a much larger universe that consists of different worlds and dimensions. According to string theory, it is not only possible but also very likely. It is common knowledge that scientists have yet to answer the mystery of what the universe is. Questions such as “what is time?” “When did the beginning start?” and “what happened before the beginning?” can be answered according to string theory. The theory delves into the meaning of reality itself, making one ask the question, “What is reality?” Although questions such as these have been asked throughout human history, it has only been within the last century that a single theory can offer answers to such matters. Concepts, such as space, time and the human body, are all inadvertently connected to our reality, or at least what we perceive to be reality.

How much do we really know about the world we live in? It is entirely possible that our world is an atom away from another world. We may be closer to experiencing a new sense of reality than we know. Essentially, string theory explains the workings of the universe, answering the questions that physicists have been searching for. It offers a logical explanation of the fluctuation of time in space, the interconnectedness of the universe, and how our reality consists of multiple dimensions.

According to physicists there is quite possibly more than one universe. A theory of multiple universes filled with other dimensions different than the four we know of. Stepping from one space into another happens every day, but this idea can be applied in broader terms. Our world is only one step away from experiencing other dimensions.

In order for the mathematics of string theory to work, there must be at least ten dimensions. These dimensions are miniscule—so small they cannot be viewed from the most highly advanced microscope. The dimensions are hidden everywhere, tucked away throughout the universe, seemingly invisible. Some theorists believe that if someone were to step from the three-dimensional space we know, into one of these hidden dimensions, they would not only enter another dimension, but they would also enter another universe.

It is common knowledge that we are a part of one universe, an infinite space that has no edge... Or does it? One of basics of string theory is that there is actually a collective of multiple universes, better known as the multiverse. The universes that fill the multiverse are thought to be similar to ours, all just slightly different from each other. This means that there are patterns in each universe, and that at some point the patterns are bound to repeat each other. Theoretically speaking, it is very possible that our world is a part of the series of repeating patterns. These patterns create what we know as parallel universes, where things are exactly the same as our world. These patterns tell physicists that there may be a world where our doubles live and do the exact same things we do. As string theorist Brian Greene said, “the best way to think about a multiverse is as a deck of cards. Each card represents a universe that belongs to the multiverse collective that is the deck. Shuffle the cards enough times and there will be reappearing patterns.”

These concepts may seem a bit far-fetched, but there is growing science to suggest that these theories are very possible. One of the most widely studied ideas that stems from string theory, is that there are wormholes throughout our universe.

Multiple universes and dimensions aside, string theory also holds the answer to an age-old question: is time travel possible? According to string theory, if parallel universes exist, then so do wormholes. The definition of a wormhole is a loop in space that is thought to be a portal to another space and time. How long a wormhole is, how large it is, how many of them there are, nobody knows, and no one is certain if they even exist. Wormholes are directly linked to string

theory- the theory that our universe is made up of molecular loops that burst into existence, link to each other then disappear as fast as they appeared. What is interesting about wormholes though, is that theoretically speaking, they are entirely possible. The thought of time travel seems outrageous, but it is very possible. If we were to uncover a wormhole in space, what would we discover on the other side? Studying the notion of time travel from a serious perspective might offer clues to this question.

Exploring the meaning of time in space transitions into the concept of questioning the present and exploring the past as well as the future. This leads to the idea of traveling through time and space. The definition of a wormhole in space is a theoretical loop in space that connects the present to the future or the past. According to quantum physics, wormholes are very possible. In theory, they make sense, but in real life, actually finding and traveling down a wormhole is very unlikely.

Reality is what we perceive it to be, meaning that our emotional state directly links to our physical presence. This is something that has been studied for years by healers and philosophers alike. Our thoughts affect the way we think, affecting our perception of reality. So changing our thoughts will alter our reality to an extent. This idea can be taken a step further, suggesting that the physical reality is just as construed by perception as our emotional reality. There could be a whole other reality waiting for us, we have just yet to perceive it. If our reality is so dependent on perception, it only stands to reason that the physical reality that we live in is possibly only a figure of our imagination. An enormous collective of everything and everyone in the universe that has gathered into what we know as the reality we live in.

We all have wondered, and still do, about our own reality. It's entirely possible that our reality is an illusion, that what we think is true isn't true at all. There is a widely known concept of manifesting the reality you choose to live in, but that idea can be pushed further. Altering our emotional state and physical state of being. This means changing our thoughts in order to meet our emotional needs, as well as our physical needs. We can only change our physical state until after we've altered our thoughts to perceive our reality.

So, what is reality? It is nearly impossible to define our perceptions into one clear, uniform piece of information when it's proven that everyone's perception of the world is different. However, there is enough clarity of real things that there is a general consensus of what is real and what is not. We all know that the earth is round that the bright orb in the sky is the sun and that there is something that fills the great unknown called space. It is difficult to discern what we know for certain what is actually a fact about reality when perception is so varied. Through understanding the way humans perceive their physical world creates a better idea of how humans perceive their spiritual world. Our reality is what we perceive it to be. Physicists can argue all they wish, but the fact still remains we simply don't know what all is out there and what is possible, spiritually, and physically. Our job as humans is to constantly ask for questions and to keep our minds open to answers.

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