

A FOUNDATIONAL OVERVIEW OF RESONANCE COSMOLOGY

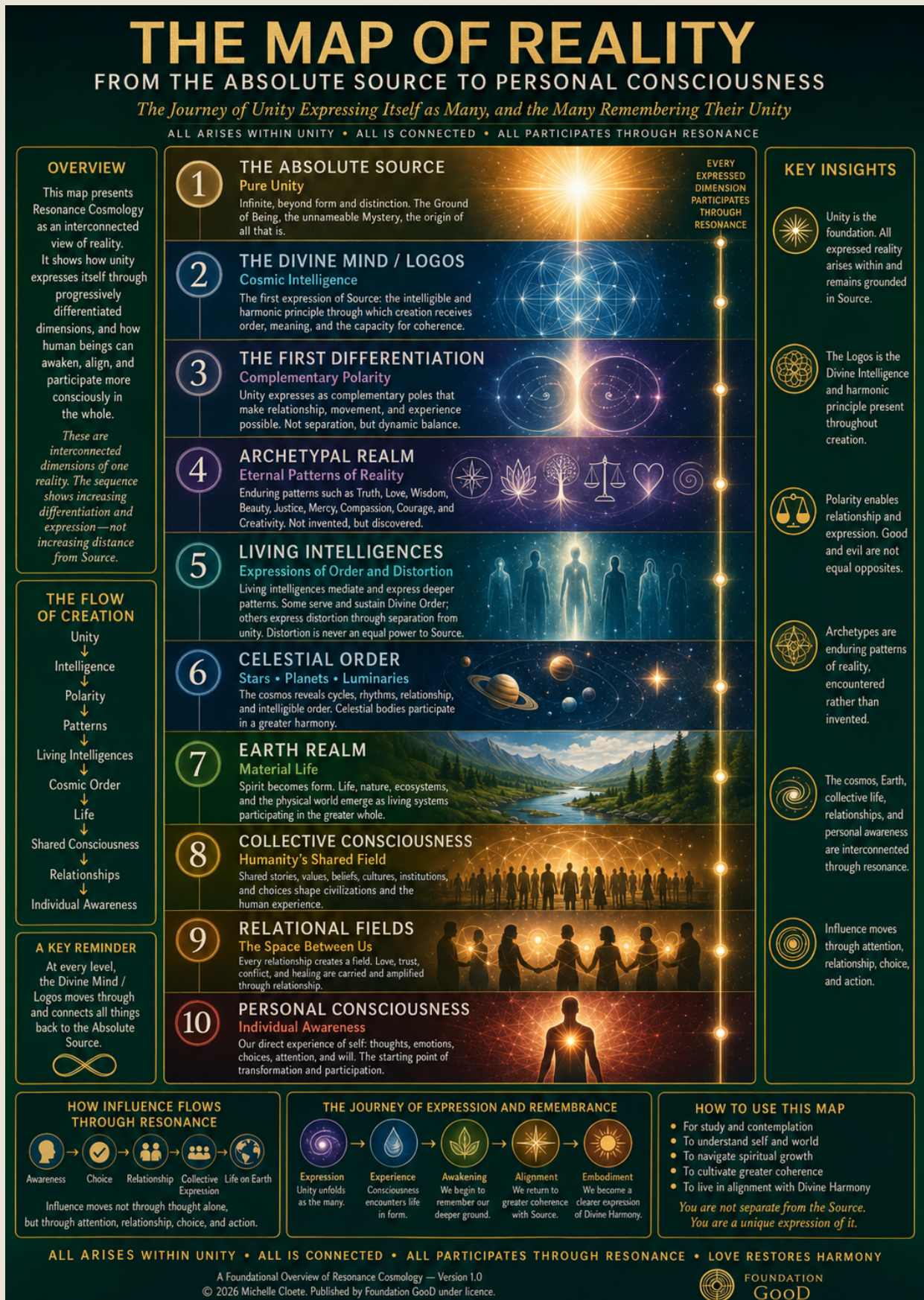
The Map of Reality™

One reality. Many dimensions. One living whole.

The journey of Unity expressing itself as many—and the many remembering their Unity.

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THE MAP



The Map of Reality — from the Absolute Source to personal consciousness, showing ten interconnected dimensions of reality.

THE INVITATION

Reality can appear fragmented.

- Spirit and matter.
- Heaven and Earth.
- The individual and the collective.
- Thought and action.
- The visible and the unseen.

| The Map of Reality™ offers another way of seeing.

It presents reality as one interconnected whole—arising from a single Absolute Source and unfolding through progressively differentiated dimensions of existence.

The Map does not attempt to reduce the mystery of reality to a simple diagram. It provides a framework through which we can begin to perceive the deeper relationships between Source, consciousness, the cosmos, nature, humanity, our relationships and our individual lives.

001 — EXPRESSION

Unity expressing itself as many

At the foundation of all existence is the Absolute Source: infinite, indivisible and beyond every form or distinction.

From Source arises the Divine Mind or Logos—the intelligible and harmonic principle through which creation receives order, meaning and the capacity for coherence.

Unity then expresses through complementary polarity, the eternal patterns of the Archetypal Realm, living intelligences, the order of the cosmos, the material life of Earth, collective human consciousness, the fields created through relationship and, finally, our own personal awareness.

| These are not ten separate worlds. They are interconnected dimensions of one reality.

The sequence represents increasing differentiation and expression—not increasing distance from Source. Nothing exists outside the greater whole, and no dimension is completely separate from the others.

Even within our most individual experience, we remain connected to the relationships, communities, cultures, natural systems and deeper patterns that shape our lives.

002 — RESONANCE

What connects the whole?

The principle connecting every expressed dimension is resonance.

Resonance does not mean that our thoughts magically control the universe. It means that everything participates through relationship, influence and response.

- Our attention influences our choices.
- Our choices affect our relationships.
- Our relationships contribute to collective life.
- Collective life shapes the way humanity lives upon Earth.

At the same time, the collective stories, relational fields and deeper patterns surrounding us continually influence what we perceive, believe and express.

| We are therefore neither powerless nor in complete control. We are participants.

Through growing awareness, discernment and conscious choice, we can become more intentional about what we align with—and what we contribute to the world.

003 — TWO DIRECTIONS

Expression and remembrance

The Map can be read in two directions.

Source → Consciousness. Read from the Absolute Source towards personal consciousness, it reveals the journey of expression: Unity becoming multiplicity, consciousness entering relationship and life taking form.

Consciousness → Source. Read from personal consciousness towards Source, it reveals the journey of remembrance: the individual awakening to their deeper ground, returning to greater coherence and becoming a clearer expression of Divine Harmony.

| This return is not an escape from the world. It is a more conscious way of living within it.

We do not lose our individuality. We become more fully and truthfully ourselves while recognising that our lives participate within something greater.

004 — PARTICIPATION

A map for conscious participation

The purpose of The Map of Reality is not merely to describe the structure of existence. Its deeper purpose is to transform how we live within it.

- 01 What is influencing me?
- 02 What patterns am I embodying?
- 03 What am I choosing to strengthen through my attention and actions?
- 04 Am I contributing to greater coherence — or greater distortion?
- 05 How might my life become a clearer expression of love, wisdom, courage, compassion and truth?

Understanding reality matters because the way we perceive reality shapes the way we participate in it.

As our perception deepens, we become more aware. As our awareness grows, we can choose greater alignment. As our alignment strengthens, our lives begin to express greater harmony.

| This is the journey at the heart of Foundation GooD: Awaken. Align. Express.

The Map is not offered as a new religion, a rigid belief system or the final answer to every mystery. It is an invitation to explore reality through a wider lens—and to consider how insights often separated across religion, philosophy, science, psychology and the wisdom traditions may belong within one greater story.

005 — BEGIN

Begin the exploration

Spend time contemplating the relationships between the dimensions of the Map.

The complete Resonance Cosmology course is currently being created through the Resonance Cosmology Academy. Explore more at foundationgood.com/resonance-cosmology.

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