

How Energy Becomes Real

A modern druid's Universal Theory of Thingness

Abstract: This essay outlines a Universal Theory of Thingness—an ontological and physical proposal describing how waves of pre-experiential energy, traveling at the speed of light, become real, experiential, cognizable things. Grounded in the logic of mass-energy equivalence, the essay rejects the assumption that particles are pre-existing entities and instead argues that “thingness” arises when wave-events are confined, redirected, or disrupted—what is termed a **strike**. From this, mass and matter emerge not as substance, but as consequence. The real becomes real not by being revealed, but by being made—through contact, confinement, and patterned constraint. This is not a theory of what is, but of how the **real becomes**.

1. First Principle: Thingness Is Not Given—It Emerges

This theory does not begin with matter, nor with particles, nor with fields. It begins with **waves**—specifically, wave-events of energy traveling at the speed of light (@c). These waves are not things. They do not occupy time or space from their own frame of reference. They are **pre-experiential**, **non-local**, and **unfelt**.

Yet, under certain conditions—when they meet resistance, when they are disrupted, when they are confined—these waves give rise to something radically different: a **particle**, or more precisely, a **quantum of mass**. At that moment, energy is not just flowing. It becomes **held**, **localized**, **registered**. It becomes, in a single word: **real**.

What we call a **thing** is not the persistence of stuff, but the **consequence of contact**. It is a moment when energy folds into form. This is the birth of **thingness**—and it happens not always, but only when certain conditions are met.

2. Strike = Contact = Realness

When two wave events intersect in a relativity vacuum—a condition where time and space collapse relative to their motion—they enter contact. This contact, or **strike**, is not a physical collision in space-time; it is the **birth of locality itself**. It is an ontological event, a moment where relational motion is reconfigured into *presence*. This is when the wave becomes mass: a discrete quantum of realness.

The strike marks the transition from flow to form, from linearity to confinement.

3. The Transformation

- A wave happens as a quantum of energy.
- A particle happens as a quantum of mass.
- **Matter happens when mass is confined, defined, and identified.**

This sequence defines the transformation process:

1. Energy moves as linear action.
2. Upon impact, this linearity is broken.
3. The wave folds back, resonates, or loops.
4. This non-linearity is experienced as **mass**.

Mass is not inherent in energy—it emerges through confinement. The resulting particle is not an object uncovered by measurement, but an act of transformation made tangible.

4. Confinement = Experience

Realness arises through resistance. When energy flow is constrained—when it meets a boundary, a symmetry, or another wave—it becomes locally meaningful. This process of confinement does not merely expose existing properties; it **generates** experience.

To exist is to be *held*. To be held is to be *felt*. Thus, **experience is the echo of confinement**.

5. Rule-Layered Reality: Matter from Recurrence

Matter is not simply persistent mass. It is **mass stabilized through repetition and rule**. These rules—like those of a Turing machine or a symbolic weaving loom—encode patterns into the universe:

- They define how energy may recur.
- They constrain how mass behaves.
- They select which configurations of particle-behaviour endure.

Matter, then, is **recurrence-enfolded mass**: a codified outcome of earlier strikes, governed by arbitrary but consistent constraints. Structure becomes substance. Law becomes identity.

6. Everything Emerges; Nothing Is Given

This Universal Theory of Thingness is not built on particles or fields as primary entities. It is built on **transformation and constraint**:

- Energy flows.
- Contact confines.
- Mass emerges.
- Matter is repeated mass, rule-bound.
- Experience is the echo of emergence.

Nothing pre-exists the act of becoming. All that we perceive as stable, objective, or material is the **after-effect of strike**.

What identity (and thus form or function) the moment of thingness takes—whether as atomic matter, biological organism, or symbolic object—is a secondary matter. The real point is that all **thingness** begins with contact.

Conclusion: The Real Is What Touches

This cosmology requires no fixed substrate—no enduring things. It requires only wave-events, the condition of contact, and the constraints that shape recurrence. Realness is not discovered. It is made.

To exist is to touch. To touch is to become real.
Everything else is the rhythm of unfolding.

Author's Note

This work does not claim the rigor of formal physics, but it does seek the clarity of conceptual truth. Born from a tension in Einstein's insights, and guided by intuitive reasoning rather than mathematics, this speculative theory proposes that the transformation of energy into mass through confinement is the origin of the real.

It is the work of a modern druid, not a physicist. It is not a final answer, but a deep pattern—a way of seeing. If it is true in form, the details may one day follow.