

## Intro

Quantum physics experiments suggest that we and our reality consist of information, and that everything is connected by a large social digital information system, or consciousness system.



## Scientific love

In the digital consciousness information system, love is low entropy (measure of disorder). Fear is high entropy. The most beneficial state is achieved when information interacts and collaborates for long-term common profitability. This cooperative interaction is the definition of love.



**Come live in my heart and pay no rent.**

**I ♥ MY KIDS**

What if parenting does not involve rules and limitations?

Consider that we instead give our children freedom to make their own decisions. We lovingly discuss likely consequences of different choices, but we let them choose. We support them instead of diminishing them when things go wrong. We help them evaluate and learn from their mistakes. We are there for them and create a safe environment for them to evolve in. We accept and love them just as they are. How would that affect their inner growth?

*Smaller children will of course need help with certain rules to keep them safe.*

## Purpose of love

Love is our purpose. As we lower our entropy (reduce disorder in form of ego, beliefs and fear), we increase our capacity to love.



# LOVE

## Romantic love

Imagine that both parties in a love relationship only focus on giving the other love. What would happen? Most likely, complaining, battling, self-centeredness, and the need for validation would disappear since they are not needed. Both parties would feel safe and loved and could focus on their partner instead of self-centered needs. What if love is something you give, instead of something you earn or exchange? Have you noticed that love doesn't seem to require anything at all? Instead it works like an ever-flowing source that originates from our being.



## Wanna know more?

This guide is about the application of MBT (My Big TOE), which is a theory of everything that unifies science, philosophy, metaphysics, mind, matter and purpose of life. It is developed by physicist, scientist and author Tom Campbell. This guide is a personal interpretation of Campbell's work, created by Titti Nordieng. Google/click to find out more from the sources below:

- [www.mbttevents.com](http://www.mbttevents.com) (Events and Resources for Tom Campbell's work)
- [www.mybigtoe.com](http://www.mybigtoe.com) (Tom Campbell's website)
- Tom Campbell: Virtual Reality and Consciousness
- [lowentropy.ca](http://lowentropy.ca) (MBT interpretation by Vanessa Wideski)
- More guides like this: [tittinordien.com/#mbtguides](https://tittinordien.com/#mbtguides)

## Have you watched this?

Tom Campbell: The Love and Low Entropy



*Available on YouTube.*

## Love Exercise

It takes practice to accept the world and people as they are without contempt. Everyone is doing the best they can with the resources they presently have. People's negative behaviors are likely to originate from their fears. We may realize that when we feel upset by others, it is actually our own fears that are triggered.

~~**I ♥ ME**~~

Some self-help books and coaches tell us to love ourselves. But how would that play out? Would we put a mirror on the kitchen table to enjoy how pretty we are when we have breakfast? Would we prioritize our own needs no matter what? Would we passionately tell everyone how amazing we are? Strong self-love tends to be narcissism. So, when people talk about self-love, what they most likely are describing is the importance of *accepting ourselves*. That is more productive.

## Love = Information

Well, that doesn't sound too romantic. But check this out – imagine a bag of colorful letters. Both the bag and the letters are what we call physical stuff. They have weight and volume. Now we pour the letters on a table and begin to arrange them into words and sentences. What happens? As the sentences form messages with information, entropy or disorder decreases. Now ask yourself, what is the weight of the information the letters form? What is the perimeter? Yes, those are tricky questions because information is not physical. And yet information creates order and meaning. But what does this have to do with us?



Well, now we may discern the connection between love and information. By the choices we make in our daily lives, we create information in the larger consciousness system. We create order by collaborating, caring, compassion. We become more loving, and we impart love.