

An introduction to Ghedee Philosophy - 2

Ghedee (*jee-dee*) is a Philosophy of Living - it is a practice, not a religion. Ghedee Philosophy is based on the understanding that absolutely everything perceived or imagined is *mbec* (*um-beh*) or energy, and energy is the first manifestation of all there is, and all there is is the one or energy. This means there is nothing that is not energy or *mbec*. Everything in existence, whether it is manifested or un-manifested, is comprised of the same foundational element - energy in the form of vibration. This is the foundational thread of all Ghedee Philosophy. In Ghedee Philosophy, "all there is" and all there can be is energy/*mbec*, nothing else. Energy is the one constant in all manifested and un-manifested existence, and all transformation. This truth is reflected in everything we know.

The fundamental essence of Ghedee Philosophy is viewing and engaging anything and everything from its most basic foundational elements. The conscious (self-directed) transformation of emotional, mental, and physical energetic states from this perspective is Ghedee Philosophy in practice. The practice and implementation of Ghedee Philosophy focuses on the individual and involves the balance and rebalance of the emotional, mental and the physical.

Notes:

The Questions of Ghedee:

You in and of yourself:



Humans, in and of themselves:

Core Human Challenges:

