

# The Experience

QUESTION: What do I mean by **The Experience**?

ANSWER: That's easy. **Think of everything around you - including you.** Air, water, earth, wind, fire, clouds, trees, volcanoes, plants, tables, chairs, books, cars, bricks, beer, shoes, diamonds, oil, rocks, animals, birds, humans, planets, space, moons, stars, galaxies and universes. Got that? **Think of Everything.** Pause before you continue reading and try to add 3 more things to this list.

All these "things" are part of **The Experience**. Hold on tight to that idea and we'll move swiftly along.

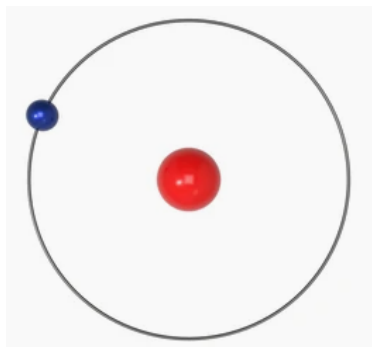
As far as we know, everything within **The Experience** is made out of the same building blocks. Think of Lego. Everything is made out of the same building blocks. Well actually we have around 118 slightly different building blocks. They are stuck together in different ways to make everything around you - including you. If you've ever heard that humans are made of the same stuff as stars then that is correct. We are.

We will not get technical here, more information is out there if you need to know more. But you should know the scientific name of a "building block" is an ATOM. As mentioned above there are around 118 slightly different ones, and they are stuck together in various ways to build everything in **The Experience** - including you!

A building block (ATOM) is made of pure energy, and they are so small we cannot see them. In fact they are so small we cannot see them even with a very powerful microscope! Basically they are so small we need billions of trillions of ATOMs stuck together to make an object, like say a cat.

A building block (ATOM) has some moving parts that whizz around and around at ridiculously fast speeds - kind of like how the MOON (blue ball) goes around the EARTH (red ball).

Here is a picture showing a simple ATOM;



If you want to be really smart then a simple building block (ATOM) has **electrons** (the blue ball - MOON) whizzing around a **nucleus** (the red ball - EARTH).

So there you have it! **The Experience** - the universe and everything in it is just one giant Lego world. EVERYTHING is made from stuck together building blocks (ATOMS).

**The Experience** we are all within is incredible, mind blowing and often not how we expect it to be when closely inspected.

If you want more mind blowing info about ATOMS then try these links.... Or just google Atoms!!

BBC SCHOOLS GUIDE TO ATOMS

<https://www.bbc.co.uk/bitesize/articles/zc86m39#z4dtxbk>

[Why do objects look solid?](#)

[Everything is Energy, even you!](#)



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