

What People Are Saying

“Donlan’s latest book takes the reader on a fascinating tour of the true nature of reality, exploring how each and every one of us is engaged in orchestrating sweeping changes in the physical world by maintaining a positive focus on desired results. As each of us gains a better understanding of the basic principles involved in Creating Reality, we become better able to positively influence our future and the future of the entire planet.”

— Cynthia Sue Larson, author of *Aura Advantage*.
www.realityshifters.com

“This abridged version of *Ordaining Reality* succeeds in clearly explaining the connection between Western scientific thought and Eastern spirituality. Donlan, drawing from multiple sources, makes complex information easily accessible leaving the reader with many thought provoking ideas and new questions about the nature of reality.”

— Ilana Marks Radio/TV host & author of *The G-String Theory*.
www.ilanamarks.com

“In one word — FANTASTIC! I especially enjoyed Donlan’s simpler explanation of physics and the layered manner in which he presents this complex topic. It has pieced together many portions of life’s puzzles...with the underlying notion that Eastern thought *can and should* compliment Western ideals — including philosophy, science, and mysticism. Of particular significance to me was the ‘Ah ha!’ moment it inspired within my perspective of reality. I recently authored a book which explores the right hemisphere’s role in both learning ability and social behavior (particularly among children); Donlan’s book supplies an important link in that chain of understanding. Of course, the greatest benefit of this book is to help me create my own reality.

— Erin Phifer, author of *Boosting the Mind’s Eye: Visualization for Social and Emotional Intelligence*.

“This simplified edition, emphasizing the ultimate reality of the metaphysical world in Eastern thought, is bound to be of increasing importance in our global economy, where Western research is being outsourced to the East.”

— Paul H. Carr, Ph.D. physics. Author of *Beauty in Science and Spirit*.
www.MirrorOfNature.org

**ORDAINING REALITY
MADE EASY**

**ORDAINING REALITY
MADE EASY
A GUIDE FOR CREATING THE FUTURE**

JOSEPH E. DONLAN



Universal-Publishers
Boca Raton

*Ordaining Reality Made Easy:
A Guide for Creating the Future*

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I dedicate this book to the memory of my parents for their guidance; to my lovely wife Kim for her constant encouragement, considered feedback, and tireless editing; to my brother Vincent and the other contributing physicists whose vast knowledge of Western Physics abridged so many of my tangential paths; to my other brothers Walter, Paul and Robert who offered encouragement and suggestions; and, finally, to the many friends and test readers who generously offered their time and invaluable comments along the way.

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FOREWORD

Essence of the Book

This book explains, in simple but convincing fashion, how the underlying laws of nature support the theory that positive thinking produces positive results. This knowledge will significantly enhance your ability to bring about desired changes in your life. This edition significantly abridges and simplifies the information presented in the original book, *Ordaining Reality: the Science behind the Power of Positive Thinking*, so that a greater audience can enjoy the extraordinary power of influencing their own future in a positive manner.

When it was Conceived

The first edition endured a three-decade gestation. Its idea took root about 30 years ago when I first recognized the ability to influence the outcome of events in my life simply by steadfastly focusing on the desired result. I coined this phenomenon: *Ordaining Reality*.

Why it was Written

To decipher this link I spent years perusing books and articles on the topic of future-creation, positive thinking, visualization, power of prayer, etc. I also investigated the results of numerous experiments revealing evidence of unseen powers. During this examination I began to increasingly recognize that the specific method for bringing about a desired future was quite secondary to the more fundamental aspect of understanding *how* the phenomenon occurs. After years of pondering how mere contemplation of an outcome (via positive thinking, prayer, or visualization) could substantively increase the probability of its occurrence, I reached the conclusion that the answer to this mystery lay within the subjects of Western Physics, Eastern Philosophies, and the thought processing functions of the brain. The outcome of this discovery led to my first book on this topic which was published in 2008. Based on the feedback and suggestions from hundreds of readers, I developed this simplified, abridged version of the original.

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Although this edition is intended for non-technical readers, it offers ample scientific proof of a clear link between thought and future action. Understanding this link is essential because my experience has revealed that, although the capacity to influence the future is viable for *some* individuals, it does not work well for those who lack sufficient knowledge of the underlying mechanism. I discovered that the key ingredient for creating *my* reality was an unshakable belief that I possessed an ability to influence the outcome of future events.

During the course of trying to help others, I found that many, despite *wanting* a desired outcome, had difficulty *believing* that they had the power to bring it about. After lengthy counseling, most could *envision* their desires; however, in short order many of them would begin to doubt their ability to actualize their objectives. None of the doubters were successful in bringing about their desired futures, while those who *got it*, so to speak, enjoyed considerable success.

I eventually determined that the most effective way to help those who obdurately harbored doubts was to unveil to them the underlying reasons why and how this phenomenon worked as knowing *how* thoughts create reality significantly contributes to a successful outcome. The book's charge, therefore, is twofold. Its first goal is to convey in simple terms how and why this phenomenon works; its second objective is to show readers how to employ this knowledge. As you will learn, these two objectives go hand-in-hand.

The Challenge

Although my continued investigations into the hazy realm of the *paranormal* convinced me that this phenomenon was real, the path to understanding how to create reality via thought without violating the known laws of science was fraught with obstacles. Early assessment revealed that the laws of Western Physics in mid-1970 did not permit the notion that non-physical phenomena (such as prayer, visualization, etc.) could have *any* influence upon physical events, present or future. This research also revealed that the accepted laws of physics at that time forbade a host of other phenomena which fell under the general categories of the *parapsychological*, *supernatural*, and *metaphysical*. Despite these daunting roadblocks and the repeated assertions by the scientific establishment that the so-called *paranormal* and *spiritual* realms do not even exist, I still held that my own experiences of creating reality were real, as I could often create a mental image of a desired future and watch it unfold.

FOREWORD

In the early days of my journey I struggled with the paradox that I could seemingly *create* reality, but could not uncover any scientific principle *explaining* how the phenomenon worked. Yet, the more I understood about the evolving laws of physics, the more I witnessed scientific evidence of a link between the two worlds. Deeper investigation also revealed that the same mainstream laws of physics which forbade the occurrence of paranormal events had difficulty explaining a number of new scientific discoveries. My original treatise traces the history of these issues and offers detailed scientific explanations for them; in doing so it introduced four hypotheses.

The first hypothesis introduced in the original text is that there are two co-dependent realms of existence: the physical and the non-physical. The first book described how the *physical* realm deals with the *tangible, material, and concrete* aspects of nature; whereas the *non-physical* concerns *intangible, spiritual, and/or abstract* phenomena. It referred to them collectively as *metaphysical* to describe all non-definable, non-locatable, and non-measurable entities.

The second hypothesis made the case that the mainstream laws of Western Physics deal exclusively with the *physical plane of existence*. The original book explained why Western Science is concerned solely with entities that can be *quantified*, and its compendium of laws can only deal with *objective, material* entities. In contrast, its laws cannot address *subjective, metaphysical* entities, including *intangible* emotions such as *love* and *hope*.

The third hypothesis proposed that Eastern Philosophy embraces the metaphysical realm. The first edition delves into how Eastern Metaphysics views the physical and metaphysical domains as equally real and co-dependent, how they interact, and how these substantively different and behaviorally distinct entities comprise the complementary Eastern concept of *yin* and *yang*.

The fourth hypothesis identified and explained similarities between Western thought and the brain's left cerebrum hemisphere vis-à-vis Eastern Metaphysics and the right hemisphere. The original text traced the origin of this schism and uncovered surprising parallels between brain functions and their distinct orientations towards either the Eastern or Western perspectives of reality and how Western and Eastern constructs are processed within separate hemispheres of the brain. It also explained why Western Science and Eastern Philosophy developed into their current forms and how to make use of this knowledge to create your own reality.

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My initial, unabridged text on this subject matter employed these four propositions to construct a new view of nature which augmented portions of the current paradigm of Western Physics known as *The Standard Model*. As its principal cornerstone, this new interpretation recognizes the existence of the metaphysical realm to help explain many of the enigmas facing contemporary theoretical physicists while rationalizing the occurrence of paranormal events, particularly that of *creating reality*.

To support those propositions and to help compose the new perspective, the unabridged version traced the discovery of newer theories within Western Physics that unsealed the lid to valid scientific acceptance for paranormal activities. It also explained why and how the Eastern body of knowledge uniquely views and rationalizes metaphysical phenomena, and, unlike the Western perspective, does not distinguish between what it defines as *the third-person physical* and *the first-person metaphysical* realms of existence. Much of that book is dedicated to reconciling these contrasting views, and the reward for this knowledge is a clearer understanding of nature and a significantly greater ability to positively influence events in your life.

Organization

The foregoing provides an overview and introduces this book's two interrelated goals: imparting a new understanding of nature and sharing successful methods to help you create your own reality. To accomplish the first objective, the following material will lightly expose you to the three models of Western Physics, the major views of Eastern thought, and the unique functioning of the two sides of the human brain system along these two perspectives.

Although you will journey into these fascinating and, at times, eerily similar worlds, you will be able to pack lightly for this informational excursion because you will not be subjected to the rigors of higher mathematics or the tedium of complex diagrams that often accompany a general comprehension of Western Physics. The book will also present a précis of the inscrutable teachings of Eastern Mysticism while citing some of the increasingly common intersections of these two ostensibly disparate views of nature. After outlining and contrasting the current states of Western Physics and Eastern Metaphysics, you will be introduced to a new interpretation of nature to support the book's principal aim of unlocking the secrets of how thoughts beget [future] actions.

FOREWORD

Gaining even a veneer comprehension of the complex subject of Western Physics or the enigmatic subtleties of Eastern Metaphysics are not trivial undertakings. Given their ranges and complexities, I will simplify the material to the greatest extent possible. Although the forthcoming information has merit, this book is not about imparting a comprehension of these expansive subjects. Rather, its aim and purpose is to empower you with a requisite background within these diverse areas of study to help you to view and understand our universe and the forces within it from a different perspective.

As I shall explain in the book's final chapter, your new appreciation of the laws of nature will serve as your first element of *enlightenment*. Following that attainment, I will provide instructions for the second and final objective of enlightenment, which will provide a bridge to what I call the *Eastern* portion of your brain to help empower you to influence your own future.

As I will cover in the book, you already possess this latent power to a greater or lesser degree, and you are already creating your own reality, consciously or unconsciously. However, armed with a more accurate understanding of the forces of nature, your ability to manifest your future reality will be demonstrably amplified because, as I will repeatedly explain, an unwavering feeling of certitude of how this phenomenon operates *within the laws of nature* will dramatically increase your ability to create your own future. Some readers may even find this abridged treatise challenging in parts; however, it will be a highly rewarding assignment because every reader who completes this book will be empowered to change his/her life. With that as my pledge, I shall present the book's major components.

In the spirit of an ancient Chinese saying, "even the longest journey begins with but a single step," I will initiate your voyage of understanding by helping you take your first step toward gaining an understanding and appreciation of Western Physics.

To impart a general knowledge of this subject, I will convey both a functional and historical perspective of general physics and successively build upon your ever-growing base of understanding by *adding* successive layers of information...sort of like an abridged and simplified rendition of Physics 101, followed by Physics 102, etc. Conversely, to explain Eastern Metaphysics I will systematically *dismantle* layer-by-layer the commonly misconceived notions of that philosophy to *reveal* to you its true meaning and its subtle, yet powerful essence.

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This Eastern perspective will include elements of the enigmatic philosophies and teachings of *Zen*, *Taoism*, *Hinduism*, and *Sufism* Cultures. I will cull this inclusive set by selecting heavily from the teachings and interpretations of Zen as it conveys the richest insights into and the deepest understanding of the world of Metaphysics and forms a robust link between Western Science's current views of nature with that of my new interpretation. Keeping in mind that most readers of this version of the book have limited backgrounds in these disciplines, I shall insure that my explanations dramatically shortcut the time needed to attain this knowledge.

Format and Presentation

In addition to striving to present its information in a clear, entertaining and comprehensible manner, I have taken care that none of the book's subject matter requires antecedent knowledge that has not already been provided by that juncture. To assist the reader, I will make frequent forward and backward references throughout.

As I unveil my simplified presentations of the existing models of physics, I will expose what I consider as the flaws of each and set the stage for introducing a new perspective. I will explain in the simplest terms possible how and why the numerous inexplicable phenomena which experimental physics has uncovered during the past 150 years have led to the development of newer models.

In the original text I made the case that if all the discoveries during this period were uncovered at once, physics as we know it today would be quite different as many of the findings compromised the direction in which physics turned in order to solve earlier discoveries. In this abridged edition, I will spare you those details while sufficiently exposing you to the problems that Western Physics faces to help you draw your own conclusions. I will conclude this topic by introducing a new interpretation of nature that helps reconcile the issues of Western Physics while permitting the realm of the metaphysical. As every new theory must be proven, the original text presents ten specific proofs and some verifiable predictions to support my model.

Following the explanation of the new model of physics, I will accomplish the book's second principal goal by bringing you through a step-by-step process which teaches you how to create your own future using the tools of the new paradigm.

Acknowledgements

I and the book's contributors have endeavored to assure that the underlying statements *supporting* the theories within this book are accepted as mainstream science. In cases where I am aware of contending theories, I present alternative views, or acknowledge that other theories exist. I did not develop the *underlying* material used in this book; that body of knowledge was created by the giants of Western Science and the authors listed in the *Bibliography*. However, to paraphrase Sir Isaac Newton, I will attempt to ride upon their lofty shoulders in the hope that I can see beyond their horizons.

In reference to giants, I acknowledge the book's numerous contributors throughout the book and within the *Bibliography*. They range from ancient Eastern mystics and early Greek thinkers to Renaissance scientists and the latest theorists within the physics community. These great minds provide the principal source for many of the facts and ideas I present throughout the book and they serve as my inspiration for sharing their teachings. Although I am forever in their debt, I present their positions in my own manner to either simplify them or illustrate their particular relevance to the book's mission. Most important, I formulate and offer my own conclusions based upon my interpretation of their data and theories.

Having paid homage to the great scientists and philosophers whose wisdom and teachings have significantly contributed to the book's material, I emphatically acknowledge that my greatest debt is to my readers. My incentive for writing this book is to share my good fortune of having been exposed to the information you are about to gain, and explain to you how this knowledge can be harnessed in a positive way to influence and shape your own future to help you to achieve your life goals and to help you make the world a better place. I would be entirely unable to accomplish these objectives without readers who can gain from this knowledge and report upon their own positive results.

I, too, am a student of what I teach, and I, too, am on this endless journey of understanding. Therefore, I constantly seek new information on this expansive and ever-changing landscape to improve my comprehension of the topics I discuss. I appreciate that the most authentic and certainly the freshest feedback is that which is provided by my readers; therefore I invite and encourage all of you to share your thoughts, criticisms and suggestions with me at: <http://www.OrdainingReality.com>.

SECTION I

AN INTRODUCTION TO WESTERN PHYSICS, EASTERN MYSTICISM AND THE WORLD OF THE PARANORMAL

ONE

West Meets East

Welcome to the first chapter of what I hope and expect will be a life-fulfilling book for you. In the *Foreword*, I reflected upon the general topics of Western Physics and [what I term as] *Eastern Metaphysics* and presented an overview of the subject matter of the book. As this introductory section provides a précis and roadmap of the book, I recommend reading it before delving into this chapter.

In the *Foreword* I purported that mainstream science has an incomplete view of nature, particularly its lack of recognizing the *metaphysical* realm of existence. I shall support this position by citing experiments in Western Physics which, in my mind, make a convincing case for an existence of the metaphysical. In the original, scientific text I make the case that the latest scientific research in areas such as String Theory further support the existence of this realm. After establishing that the metaphysical is an integral aspect of nature, I will explain in simple terms how it supports the occurrence of paranormal events without violating the laws of nature.

A very basic comprehension of Western Physics and Eastern Metaphysics plays an important role in the book's purpose because it significantly enhances your ability to manifest your own future reality. Primary knowledge of these subjects is an antecedent to success for two reasons. First, an understanding of how non-physical, abstract entities (such as thoughts and desires) can bring about the physical manifestation of a future event will substantively enhance your ability to hone your future-creating skills; second, a feeling of certainty about the power to influence a future event is a *mandatory prerequisite* to making it occur. Given that few people have blind faith, I submit that a feeling of certainty can best be gained by possessing unwavering confidence in an outcome, and I believe that the most effective way to acquire this belief is to understand the underlying mechanics which permit it to work.

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Metaphysical forces are not currently recognized by Western Science. I propose they are unknown because they exist within a different realm...a realm which the Western mindset cannot easily fathom. To gain an appreciation of this dimension you must: (1) have a general sense of *The Standard Model of Physics* (Western Science's accepted paradigm of nature's laws); (2) generally comprehend *Eastern Metaphysics*; and (3) fundamentally understand how our brains interpret both modes of information. The first seven chapters of the book will, in layman's terms, accomplish these three goals. The principal intent of this initial chapter is to introduce you to the Western view of physics and the Eastern view of metaphysics.

I'll start by establishing that the Western and Eastern disciplines offer contrasting perspectives of *reality* by respectively describing the worlds of the *physical* and *metaphysical*. It is my contention that they complementarily serve as the *yin* and *yang* of nature, and, as I cover in later chapters, they mirror the functional workings of your two brain hemispheres. As I believe them to be complementary, a fundamental understanding of *how* the two realms interrelate is a critically important step in your journey of understanding.

As I cited in the *Foreword*, although Western Physics and Eastern Metaphysics are expansive areas of study, the forthcoming high-level explanations of them will not require antecedent knowledge on your part. I will explain these areas of study in context and build upon each successive layer of your growing acquaintance with them. As I add each stratum of information to your expanding knowledge base, I will liberally back-reference the supporting material to help you revisit prior data. Although I will strive to keep this light I have included a *Glossary of Terms* to provide a description of the few scientific terms introduced in this book. I shall now initiate the first of the two overviews with the *Western* perspective.

Basic Introduction to Western Physics

The study of physical science (i.e., *physics*) dates back more than 2500 years. Its principal purpose has not changed during its storied history—the study of physics is about understanding, explaining and predicting the behavior of objects and forces in the universe. Although many consider this subject as being confined to academia, be assured that the quest for physical knowledge stems entirely from practical applications, such as explaining and predicting the trajectory of a cannon ball, the thermal effectiveness of an oven, etc.

Most historians agree that the earliest formal theory of physics was developed in the fifth century BC by two major Greek philosophers, *Democritus* and *Leucippus*. Their model of physics was later called *Atomism* as their interpretation asserted that the universe was entirely comprised of tiny, elementary, indivisible entities which they called *atoms*. They postulated that everything in the universe consisted of these fundamental units in differing arrangements. Their work was continued by Aristotle in his tiny Lyceum in Athens, arguably the first science college in history. I will have more to say about the early Greeks' influences, but I shall now fast-forward the study of this discipline by about two thousand years as most of the focus in the field of Western Physics begins at the time of the *Renaissance*.

The *modern era* of physics was ushered into existence about 400 years ago by a small number of pioneering astronomers starting with Nicolas Copernicus. In addition to being the first to explain planetary orbits, Copernicus' *heliocentric* model superseded the ancient Greek theory that had placed the Earth as the center of the universe. His model became known as the *Copernican System*. A few years later an astronomer named Tycho Brahe calculated a more precise model. Shortly thereafter, a true renaissance individual named Galilei Galileo made a significant impact with numerous inventions, discoveries, and further improvements in optic resolution. A man named Johannes Kepler followed Galileo's path of discovery and extended the newly emerging range of science even further. In addition to establishing the three laws of planetary motion, Kepler uncovered and published the most precise astronomical tables known at that time which later rendered the Copernican system obsolete.

The Foundation of Scientific Method

It is important to note that, despite Kepler's contradiction to the Copernican system, for a brief overlapping period *both* systems were accepted by many early scientists. However, when later proofs supported Kepler's model, it entirely supplanted the prevailing Copernican system. This occurrence ushered in a scientific precedence, and this disciplined approach has endured since. Henceforth, if a prevailing system holds up under new challenges, it is fortified; if it does not, it is modified and transformed into a theory which does support the evidence. This disciplined course of action constitutes *Scientific Method*, and it forms the entire basis for the creation and destruction of scientific theories.