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Bridging the Worlds of Science & Spirit

Why did God design the world this way?



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Hey! Iván here. This is a short summary of my YouTube video about why God designed the world this way.

You can watch the full video [here](#).

Hope it helps and thank you for reading!



Why did God design the world this way?

The world is filled with suffering, and many people experience pain and trauma every day. This raises the fundamental question: Why did God design the world this way?

To answer this, we need to first define three key aspects:

- Why is this question important to ask?
- What do we mean when we say "God"?
- What does it mean that the world was designed "like this"?



1.

Why ask this question?

Many people struggle with the meaning of suffering, especially in moments of crisis. They wonder if their pain has a purpose or if the world is simply cruel and random. This question is deeply existential, tied to our need for meaning, connection, and hope.

Understanding this question can be the first step toward healing and transformation. If we sit with this question rather than pushing it away, it can lead to greater self-awareness and a deeper understanding of life itself.

2.

What do I call "God"?

The concept of "God" varies widely among different people. Some imagine an all-powerful, judgmental being, while others see God as an abstract force of love and creation.

In this discussion, God is not a separate creator but rather the intelligence behind existence itself.

God is present in the fabric of the universe, embedded in the processes of evolution, adaptation, and self-awareness.

One way to understand this concept is through the ocean-wave metaphor. Just as waves are not separate from the ocean but rather expressions of it, we are not separate from God.

We are temporary expressions of divine intelligence, forming and dissolving just as waves do.

If God is not separated from us, then the answers we are seeking are not “out there”, but within us.

Seeing God in this way changes the question from “Why does God allow suffering?” to “What is the purpose of suffering within this design?”

3.

What do I mean by “designed like this”?

The world operates through a natural cycle of wounding and healing.

The Wounding-Healing cycle

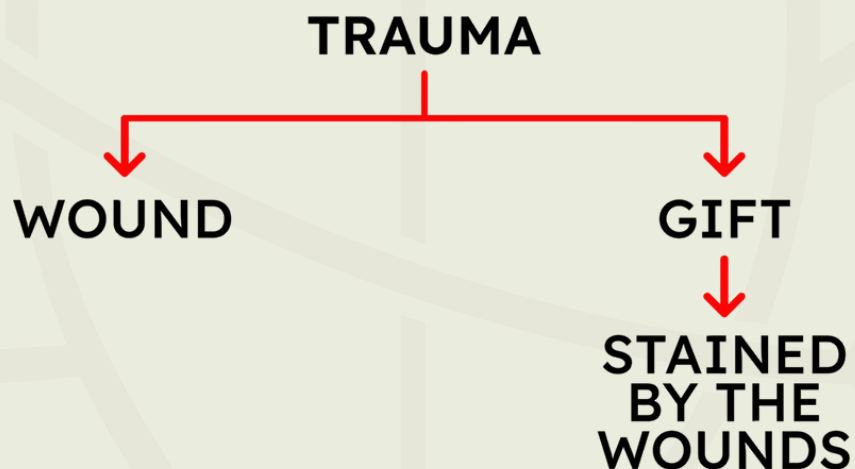
As children we develop our core wounds, and as adults as we are tasked with healing. Through this design both our gifts and our capacity for growth are forged.

Traumatic experience = A need that has not been met

Once trauma happens, a part of ourselves goes offline and separates from ourselves.

This is called a wound

A wound is the empty space left in our emotional body, after an emotional need wasn't met.



You can watch the full video about how trauma is formed [here](#).



While each traumatic event creates an emotional wound that stays with us, it also plants the seed for something extraordinary to develop.

Think of a diamond: one of the hardest and most brilliant substances on Earth, yet it can only form under immense pressure and heat. Similarly, humans do not develop their greatest strength despite their struggles, but because of them.

However, unless healing occurs, those gifts remain tied to unresolved wounds.

Healing is necessary to fully integrate these strengths in a way that benefits both the individual and the world.

The process of wounding and healing follows a dual-stage cycle:

- Trauma as the Seed of Growth: Difficult experiences shape our character. A person who grew up feeling unseen may develop strong empathy for others.
- Healing as the Completion of the Cycle: Without healing, the gifts created by trauma can be distorted by lingering wounds. The child who became empathetic might struggle with people pleasing or setting boundaries.

When we heal, our gifts become pure. Healing not only transforms us but also how our gifts are received—free from hidden expectations or burdens. It takes courage and self-awareness, but once healed, our gifts flow naturally, helping the world without effort.



- As children, we must experience trauma.

It's though these challenge moments that our gifts and strengths are being forged.

- Then as adults, we must heal.

It's what allows us to polish those gifts, to use them with clarity, intention and love.

INFANCY



**WE
DEVELOP
OUR
CORE
WOUNDS**

ADULTHOOD



**WE ARE
TASKED
WITH
HEALING
THEM**

The more you heal, the more you are honoring and giving true value to the difficult, traumatic moments earlier in your childhood

Just as a diamond or clay, the same design that causes us to fall, gives us the strength to go even higher, transformed.

It is much harder to go through pain if we find it meaningless and cruel. Understanding this design can remind us that even in our darkest moments, we are being shaped into something stronger, more beautiful and more whole.

Why did God design the world this way?

Awareness arises from the process of losing and recovering something.

- Children are naturally free in their emotions, but they are not yet aware of that freedom.
- An adult who has been wounded and healed can appreciate their regained emotional freedom in a way that a child cannot.

Who is freer? The child who never got wounded, or the adult who did, healed and now appreciates their freedom? To me, it is the adult. To be free without awareness of your freedom does not really allow you to experience freedom as such.

In order to appreciate experience and own your freedom, you must lose it first and then recover it.

Awareness gives everything a reason to be, so anything that promotes awareness should be celebrated

Losing something & recovering it →

Awareness

↓
Gives everything a reason to be

So, how could God experience itself?

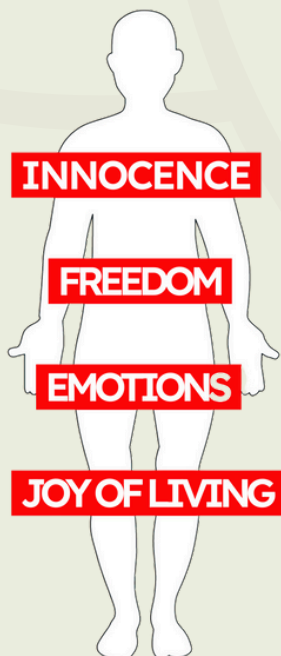
God experiences itself through awareness, and awareness is only possible through contrast.

By losing and then recovering aspects of ourselves, we develop a deeper understanding of our own existence. This process allows for the expansion of self-awareness on both an individual and universal level.

What would be the point of the universe being there, if there's no awareness of it? Awareness is the point of everything.

Once healing has happened people become more aware of:

- Their emotions.
- Their reasons to be the way they are.
- The freedom they lost and recovered.
- The joy of living.
- How miraculous it is to be alive.



**THE MORE AWARE YOU
ARE OF ALL OF THIS**



**THE MORE AWARE YOU ARE
OF YOUR WHOLE SELF**

The more awareness you have of all your parts, the more that you can experience yourself and the more meaning your own existence has.



Since you are a part of God, the more aware you are of yourself, the more aware God is of itself.



Conclusion

This design is meant for God to experience itself through the awareness that emerges when we lose what we lose when we get wounded, then we recover it when we heal.

It wouldn't make sense for you to be if you didn't know that you are being. For you to know that you are being, you need to be aware of as many parts of yourself as you can. You can only do that by losing them first and recovering them later, and you can only do that through wounding and healing.

That is why wounding kick-starts an essential process for self-awareness, while healing finishes it. By becoming more aware, you (God) become more aware of itself, giving everything in existence (which is also God), a reason to exist.



I hope this brief summary helps in your healing journey. If you want, you can watch the full video [here](#).

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Thank you for being here.

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