

Consciousness and Quantum Physics in the Interpretation of Reality

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Reality within the confines of philosophical speculation is a metaphysical conundrum. It can be viewed corporeally or incorporeally, mentally or extra-mentally or explained in general parlance naturally or supernaturally. The central matrix of this paper is to expose the melting point of the dichotomy between the seen and the unseen universe. It proposes that understanding consciousness and its relationship to quantum physics give a clear explanatory framework in comprehending the concept: reality. It posits further that man is basically consciousness expressed through theories observed in quantum physics. Quantum physics is the modern science that supports the theory of the unified field that everything in life is connected. It goes further to postulate that science, technology, and religion are subsumed in consciousness and quantum physics. The knowledge of interconnectedness of everything in the universe will expose us to the clear understanding that energy is the central matrix of reality and can be dissipated consciously or unconsciously to affect both mental and extra-mental realities. An awareness of this immanent nature within and around us will aid greater interaction and advancement in interdisciplinary studies that will improve the society.

Keywords: quantum physics, consciousness, energy, psychokinesis

Introduction

There are epistemic problems at the borders between science and some systems of knowledge in general. These problems are predicated on methods of scientific investigations. The contention by empirical scientists that other systems of knowledge have no rational objective justification to establish a case outside observational procedure is misnomer. This position has stultified other dimensions of knowledge. Studies into psychic or paranormal phenomena involving psychokinesis, telepathy, UFOs, and possible alien visit or contacts with our world have been met with much criticism backed by various reasons. Attempts at trying to establish evidence in this new area of study which tend to advocate that these knowledge and experience are naturally immanent, have led to research centers like: The Society of Psychical Research (SPR), Institute of Exoconsciousness, etc.

The theosophical society an organization with claims in paranormal experiences has been under criticism because it is assumed that its claims are basically subjective and rather metaphysical. They see all research by the theosophical society as spiritualism that cannot be verifiable. Hellen Savage (2019) in explaining reality stated that “It is a mistake to suppose that invisibility necessarily implies spirituality”. Attempts at establishing the existence and significations of this area of study through various procedures have been met with the classification of “pseudo-scientific” approach.

The question philosophers of science may ask concerning this essay as we proceed is: Where does consciousness which is assumed to be the pivot of the phenomena of reality come to play in our universe?

What is the correlation between consciousness and quantum physics since both appear to play a role in the natural world and what we also classify as the supernatural realm? To proceed into this area, we shall try to explain the term consciousness and quantum physics in order for a clearer understanding of our interpretation of nature.

Consciousness and Quantum Physics

The term or concept consciousness is an interesting subject both in philosophy and psychology. For us to comprehend the central matrix of our discourse it is pertinent for us to explicate the nature and content of consciousness. Consciousness can peripherally be explained as the state of being aware of ourselves and sensitive to our surroundings. Consciousness is thought waves; it is awareness of our thought or that of others.

The concept consciousness may be ambiguous. In philosophical and psychological parlance we may want to understand our conscious mental state and its relation to the brain. Can consciousness be explained in terms of brain activities? There are two major traditions within philosophy as regards the nature of consciousness and they are dualism and materialism. Aspect of dualism posits that mind or conscious mental state is non-physical and that we are an immaterial stuff beside our physical or material expression. The materialistic metaphysics posits that mind is the brain or neural activity. The dualistic ideology has been a problem since the time of Rene Descartes.

The study of consciousness helps us to understand the inner workings of issues in psychology and neuroscience. It also helps us understand brainwaves and altered states of consciousness activated by propaganda (Nwanegbo-Ben, 2019a), psychoactive drugs, or what we call demon possession.

Daniel Denneth (1993) explained consciousness as apparently serial account for the brains underlying parallelism. He sees consciousness as various events of content fixation occurring in various places of various lives in the brain. He posits that consciousness emanates from interaction of physical and cognitive processes taking place in the brain.

A more encouraging definition of consciousness was presented by Rupert Spira. He gave a provisional definition by stating that “Consciousness is that in which all experience appears, it is that with which all experience is known and it is that out of which all experience is made” (Spira, 2017). This is an interesting definition; it invariably defined consciousness as the source of reality. Consciousness is reality or reality is simply consciousness that is what we draw from the definition. This definition appears to be encompassing and encapsulates the matrix of our discussion in this paper.

In trying to find out the correlation of consciousness and quantum physics, let us have an insight of our concept of quantum physics. Quantum physics is the science or knowledge of sub atomic particles. It explains the behavior of matter and its correlation with energy at atomic or sub atomic scale. Quantum physics in a nutshell is the study of or theory of how, what, and why everything that makes up the universe as well as everything in it both within the confines of the seen and unseen are derived. It goes further to determine how everything in the cosmos came into being taking cognizance of its origin from the atomic and sub atomic level. With this study, we will be able to understand the building block of the universe tracing them back to molecules and energy (Nwanegbo-Ben, 2016). Quantum physics is a modern science that posits the theory of the grand unified field that everything in life is connected. Quantum physics describes the universe as nothing more than

vibrating strings of energy. This idea postulates that everything in the universe is simply a combination of energy and vibration. This includes cells, our bodies, and thought forms, thus consciousness is a form of energy.

Reality and Consciousness

Sometimes we find ourselves philosophizing over what we should regard as reality and what we see as appearance. When people are fed up with life and its experiences, you might hear them make religious statements such as “Worldly things are useless” which may mean that what we see and perceive with our senses are not real, reliable, or important, or may mean thoughts of worldly or material possessions do not give health to the soul. They may conclude that heavenly or spiritual things are real and should be sort after. This brings to mind the saying from William Shakespeare’s *The Merchant of Venice* “All that glitters is not gold” which implies that not everything that is shining and superficially attractive is valuable to man.

We cannot really explain the nature of reality without consciousness. The concept of reality can only be understood by the conscious awareness of what we perceive as reality. This brings to mind the idea of Protagoras of Abdera who said that “Man is the measure of all things” (2019). By this statement Protagoras has proposed a philosophy of relativism which we invariably interpreted as consciousness being reality relative to the individual and this determines the individual person. By this we can posit that what we conceive within us determines our reality. Thus, consciousness creates reality. The book of Proverbs states that “As a man *thinketh* in his heart, so is he”. Consciousness is how we perceive our world. This idea of consciousness raises many questions about our world. We tend to have been preconditioned by our environment and what we have learnt from our daily routines that the external world is more real than the internal world. This form of science has delinked us from the understanding that what’s happening within us controls what happens outside us.

The notion that consciousness creates reality raises many questions. Does this mean that we can determine what we want the world to be for us and not the world determining what we should be? If the later then our consciousness determines our being. It is on this premise we may posit that there is really no difference between the radiation, wave or energy experienced by the work of experimental scientists and what we may call psychic force or the science of consciousness. If as Hellen Savage posits that invisibility does not necessarily imply spirituality, then radiation, waves, thoughts, or consciousness does not really mean spirituality but reality on another dimension.

Matter and Consciousness

Matter is subsumed in reality and if consciousness creates reality, it then means consciousness creates matter. Max Planck a theoretical physicist corroborates this idea when he stated “I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness” (1931, p. 17). Bearing in mind this conceived truth, we as observers participate in the creation of our reality. The discoveries that current Physicists are making are trilling and corroborating issues of psychic phenomena. They discovered that the previous studies that were known about atom no longer apply to sub-atomic studies. In atomic physics the sub-atomic particles—quarks and electrons which are pure energy, cannot be physically measured.

We attract to ourselves what we think. Gregg Braden in his article “The Science of Peace and the Power of Prayer” (2019) reminds us that the law of the universe is that we attract what we focus on. If we are focused on

fearing whatever may come, we are sending a strong message to the universe to send us whatever we fear. Thus, our thought or consciousness when focused or directed within becomes part of our reality. Consciousness is reality and it constitutes the foundation of the seen and unseen universe.

Energy and the Universe From Sub-atomic Level

The uncertainty principle is a major principle in the physical science of quantum mechanics that explains the universe at the subatomic level. Werner Heisenberg in studying the works of Paul Dirac and Jordan showed that Uncertainties or imprecision always turned up if one tries to do measurement. He posits that these uncertainties are not the faults of the experimenter, but fundamental in nature inherent in quantum physics. This position also applies to the nature of consciousness. Consciousness is energy or waves laden with uncertainties and imprecision because we all tap from the universal and emit relative to our awareness. The science of quantum physics exhibits uncertainties like that observed in paranormal circles. Human energy-consciousness is thoughts which can be transmitted as particles of matter or in form of waves.

We have through our assessment of the nature of consciousness conjectured that consciousness is reality. When we posit that consciousness is reality we are invariably postulating that consciousness encompasses corporeal and incorporeal existence, mental or extra-mental realities, and the basis of natural and supernatural realities.

The atomistic philosophy of Democritus and Leucippus made us understand that atoms move in the void, which implies that atoms are in motion. Our minds and souls were classified as fine atoms. The issue of the motion of bodies was rejected by classical philosophers like Plato and Aristotle. The theories of

bodies in motion as the explanation of nature was revived in the sixteenth century and held sway until the quantum theory and Einstein gave the twentieth century a new conception of matter, denying the attributes of indestructibility to the atoms. (Stumpf, 1989, p. 27)

Earlier, John Dalton's theory proposed that all matter was composed of atoms, indivisible, and indestructible.

Knowledge grows by accretion; this is what we may understand judging from speculative atomistic philosophy to quantum physics. This brings us to the nature of consciousness which we have perceived as both thought and extension. Consciousness encapsulates mind and matter and expresses itself in various dimensions. Consciousness is energy and it vibrates in relation to how or the channel it is directed to. This postulation is derived from the fact that matter is not as conceived by the senses; it has space and is energy.

We may be seated reading this paper or listening to the presenter of this paper. This action shows that we are conscious of this discourse and are magnetized because there is a radiation of thought forms coming to us through sound waves from the presenter or thought waves or vibrations from the paper we are reading. The reason for this is that there is a connection from both parties, the listener or reader and the presenter or speaker or thought forms expressed in the document. According to a quotation attributed to Albert Einstein "Everything in life is vibration". Our bodies, thought forms, and external things outside us vibrate. Everything that manifests itself in our live matches the vibration of our thoughts. By this, we are implying that nature vibrates at different frequencies. In reality quantum physics describes the universe as nothing more than vibrating strings of energy. We should be aware that just because we do not believe or understand, a method does not make it not true.

The Human Body and Vibrational Energy

Bearing in mind Einstein's statement that "everything in life is vibration", it would be necessary for us to know that the human body is made up of electronic vibration; atoms or organs of the human body have specific vibratory force. All bodies radiate vibrations with which it controls itself either mentally or physically. Such radiation can be called an aura within some schools of thought.

Human beings are composed of cells, which are made up of atoms and particles that are vibrating energies. Every atom is just a probability wave and matter is made of empty space. Ultraviolet radiation from the sun can assist health moods, brain functions and through the sunlight photons helps to generate vitamin D. This in turn prevents diabetes, depression, cancer, etc. It has been observed that infrared radiation helps to speed up recoveries of injuries. The universe or the cosmos is an energy that is based on three principles which posit that everything is energy; secondly, energy is attracted by thought; and lastly, what we direct our thought on we receive. By this, invariably we are positing that we are universal magnets or cosmic magnets.

Quantum energy is the universal energy field which helps us attract whatever we want. The issue however is that what we attract is all in the subconscious level. To manifest good health, we need to do it on the conscious level. Our thoughts and feelings release a magnetic field of whose attraction is matched by the universe. Our lives are reflections of our belief system and we have the capacity to change them if we wish. We should be aware that health is a state of positive wellbeing not only the absence of sickness. If we have no consciousness or memory of health, we will not be healthy.

Thought and Healing

Most healings emanate through thought forms or vibrations. Energy healing of all kinds follows the same principles of consciousness as energy. Faith healing follows the principle of positive thought or consciousness. Some call it quantum jumping, which is a process where our desired results through maximum concentration or sufficient thought energy make a leap into an alternative reality. Healing comes when the individual consciousness is lifted positively to accept or release healing. Within the Christian religious parlance, it is said that "Faith is the substance of things hoped for, the evidence of things not seen". The healing follows in conformity with the saying "As a man *thinketh* in his heart so is he". The individuals faith or belief on healing is invariably an energy or consciousness of being healed; this is the evidence of things not seen the consciousness can program healing to the body by raising the vibration of positive thought which affects the atoms, organs, or energy levels of the body.

Most ailments demanding avalanche of pharmaceutical drugs that could develop side effects can be self-curing. The placebo effect is very potent when faith in "belief-of-cure" is heightened. Neurobiology has proved that the release of endorphins increases tolerance to pain and discomforting symptoms.

Nancy Russel, an energy healing expert posits that energy healing can be based on connection between the physical, emotional, mental, and spiritual realms and this is mostly found in all holistic healing method. According to her, "It uses focused healing energy to clear blocks that accumulate in the body hindering the natural flow of physical, emotional, mental and spiritual energy" (Russel, 2019).

We may now ask: How does the healing take place? Healing really begins with the mind, and the human body is a complete energy system. Good health is as a result of a balance energy field created by a proper alignment of thought, speech, and deeds. When somebody is ill, the energy field that is responsible for that particular ailment would have to be identified and corrected. This can be done through faith healing, psychic

healing, etc., which is projected by specific prayer motivated by the power of the mind directed towards the ailment, some by swirling or tapping to connect the point of energy. This process is a quantum leap of thought towards health and it manifests health. These and others are linked to the power of thought forms. Healing takes place precisely as we “believe” it will be. Our lives now are the products of what we believe about ourselves and what we think of ourselves. If we “think” negative belief system about ourselves, we will manifest illness in our body. Within the Christian parlance, preaching is to raise men’s consciousness to be receptive to the desire of the preacher. The reception is activated by faith (vibration of the consciousness) to align with the healer or preacher’s thought. “Whatever ye desire, when ye pray believe that ye receive and it shall be given to you”. On these grounds the healer and the patient expecting healing have positive thought and consciousness of healing. This is possible through thought vibration where the aura releases sick thought or negative thought radiation responsible for the ill health out of the system.

The Theory of Everything (Toe)

It really does not matter which branch of study or area of specialization we have chosen within the confines of our academic pursuit, whether it is religion, physics, physiology, chemistry, or through mere observation of nature. All process of arriving at the truth or reality as a whole will lead to the same conclusion that everything is energy. In addition, everything is interconnected with everything else whether in the realm of the seen (physical reality) and the unseen (metaphysical reality).

The fact that a school of thought posits that metaphysical reality does not exist does not suffice it to be true. There have been evidences of energy or faith healing, telepathy, telekinetic feats that have defied scientific explanation. There are human abilities such as psychokinesis—ability to affect matter through the instrumentality of the mind. It describes ability of the mind to affect matter, time, space, or energy without the use of any currently known type of physical procedures (Parapsychological Association, 2019).

Many empirical scientists are really convinced that the metaphysical, the unseen forces or energy is non-sense and thus does not exist. Sometime ago two physicists submitted an article presenting evidence for clairvoyance to a scientific journal, an expert consulted by an editor to review the article responded by positing “This is the kind of thing that I would not believe in even if it existed” (Talbot, 1988, p. 220).

What we should understand is that their dogmatic approach to knowledge does not affect the laws that govern the universe. The phenomena taken place within the confines of the unseen show that there must be a link or interaction between matter and mind, between the seen and unseen energies in the universe. The interconnection between twins’ kilometers away is as a result of magnetic memories (Nwanegbo-Ben, 2016). Telepathically most twins are connected such that when one is hurt, the other feels it. This is a proof of interconnectedness in the universe.

The interconnection between things in the universe has for hundreds and even thousands of years been very much an aspect of eastern religion and mysticism. This interconnectedness has been fully expressed in modern particle physics in form of the theory of relativity and quantum theory. This position has been corroborated in the work of Fritjof Capra, the *Tao of Physics* (1983). He presented an explanation to juxtapose the interconnectedness in nature. His work showed that physics today leads toward view which is essentially mystical. The physicists and the mystics realized the impossibility of fully explaining phenomena; however they take different attitudes.

Garry Zukay's research (1979) corroborates Capra's position. He declared that there are really clear similarities between modern experimental science and Eastern mysticism he argued that matter and energy exist and correlate at the same time in subatomic domain and that quantum mechanics and philosophy are inextricable from each other due to their shared pursuits. It is not surprising that there exists a parallel between mysticism, psychic phenomena, and current foundation of particle physics (Nwanegbo-Ben, 2019b).

Recommendation

Bearing in mind the significance of the science of life, it is expedient that we encourage interdisciplinary studies. The knowledge of interconnectedness of everything in the universe has made us understand that energy is the central matrix of reality and can be dissipated consciously to affect molecules, organs, and tissues in our bodies. This process can achieve good health devoid of the side effects of pharmaceutical drugs.

We should try to de-emphasize dogmatic approach to research and emphasizing this may stultify and jeopardize simple and immanent knowledge and practice that aids the achievement of a better society.

We should encourage alternative methods of research.

Conclusion

In understanding of the instrumentality of consciousness and quantum physics, we discovered that reality is one unified web. We have come to understand that both the seen and the unseen are interconnected through the immanent energy in the universe. This energy can be harnessed for healing through positive thought. The paper further stressed that the goals of the empirical scientists, philosophers, psychics, or religious individuals are basically the same because they are subsumed in energy. The difference is that the scientists interpret the world quantitatively with the language of mathematics, while others approach the reality through intuition and symbolism.

A clearer understanding that the universe, including man and the issue of consciousness, is simply energy and is interconnected will aid greater interaction and advancement in interdisciplinary studies that will improve the society.

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