

What tHē βLēēP Ďø ωΣ (k)Πow!?

Discovering the endless opportunities for altering your everyday reality.

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An Essay

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Introduction

Reincarnation¹

Someone asked the sage if he believed in reincarnation.

His answer was short. "No I don't."

He paused a little and added, "Certainly not in this life. Perhaps in some of my previous lifetimes I did."

Throughout this unusually written book the reader is asked to think on certain things, to answer certain questions and to ponder on what they presume is reality.

The Epilogue to the book 'A Quantum Feast' (What the bleep do we know Page 273) paints a picture of academic heaven while at the same time stretching the imagination of the reader to believe such a feast could actually ever happen.

I would like to paint an antidote to this type of reality by quantifying the 90 year old life of my father Willie Nelson (Yes, actually Willie Nelson and he was also a brilliant singer)

From the time my Father drew his first breath until the time he drew his last he lived 90 years, 2 months, 17 days and 10 hours.

90 years x 365 = 32,850 days

2 months x 30 = 60 days

+ 17 days 17days

Total: 33,927 days

33,927 x 24 = 790,248 hours

+ 10 hours = 790,258 hours

790,258 x 60 = 47,414,880 minutes

Average number of breaths per minute = 14

47,414,880 x 14 = 663,808,320 breaths approximately in his whole life.

Average number of heartbeats per minute = 60

47,414,880 x 60 = 2,544,912,800 heartbeats approximately in his whole life.

¹ Padinjarekara, Francis J. A Dewdrop in the Ocean. (Wisdom stories for turbulent times). Awareness Arc. Mumbai, India. 2009.

To put a life into series of figures is perhaps a bit pedantic but my father would have enjoyed those statistics, he got a kick out of beating the odds.

The fact of the matter is all of the above is pure reality and as it is totally measurable it cannot really be debated in any great detail. My father's heart never stopped beating and he never stopped breathing until he breathed his last. He was sleeping quietly when he slipped away almost as if he was going somewhere else and had prepared himself.

At that point we enter into the realm of the unknown. Perhaps even the don't know of what we know.

From my father's viewpoint he was absolutely certain he was going somewhere else and throughout his long life he never doubted his ultimate destiny post earthly existence. Ergo he has gone where he knew he was going.

But in what form has he transferred? He left his earthly body behind. We know that for certain, because we buried it. His spirit, his ghost, his mind, his thought, his mentality, his talent for singing, his invisibility, his ego, his personality, his conscious. In short his many intangibles that gave his body life. So if all his immaterial touches are still active the first great question I would like to ask is: Is my father really dead?

Extending the life of my father beyond his mortal years can also be attributed to the daughters, sons, grandchildren and great grandchildren he left behind, who carry his memories and more importantly his genetic material.

Take, however, someone who had no children, my brother Dessie for example. He died (suddenly unfortunately) in 2011 at age 51 years. Too young by far. He left only memories, which will presumably dwindle away eventually as those who knew him also die.

But an interesting legacy to Dessie Nelson appeared shortly after his death: A letter and invitation from The Irish Blood Transfusion Service (IBTS) arrived by post asking him to attend a special awards ceremony for his fantastic contribution of one hundred blood and bone marrow donations. Clearly the IBTS still thought he was alive or they would not have sent him the invitation. So in their minds he was not dead.

And what about all the people who received his blood and bone marrow? They are totally unaware of his passing but no doubt remain grateful for his contributions. So in their minds also they think of him as a living person. There is a stronger and longer lasting element also: they have elements of my brother's blood running through their veins.

And what about his family, brothers, sisters, aunts, uncles, cousins, nieces, nephews? We were mildly aware he was a regular blood donor due to his blood group (A RhD Negative) but we were unaware of his total dedication. It hit us like a thunderbolt. The fact he made little mention of his regular visits to hospitals, clinics, etc made the impact of the posthumous discovery even more profound.

So another question: Has my brother's life ceased with his mortal passing?

Napoléon

I recently heard on French radio that the most popular and well known person ever in the world, after Jesus Christ, is Napoleon². Most people are not even aware that there were actually three Napoleons. But only one, Bonapart, made the lasting impression. After the French revolution of 1789 Napoleon I emerged in 1804 to lead the people and he created an empire. So he was the Emperor who was defeated at Waterloo. The French had just deposed their monarchy so the next best thing was an emperor. Different title but similar habits of grandeur. Napoleon I lost favour in 1814 and the first restoration of the monarchy (Louis XVII) occurred. However old habits die hard and the monarchy was removed. A nephew of Napoleon I (Louis - Napoléon Bonaparte) appeared but lasted only four years and was to be replaced with the real Napoleon. (also Louis – Napoléon Bonaparte or Napoléon III) and he changed completely all the laws and developed the civil code to which France slavishly adheres to this day. Napoleon drew up the code, which is a set of extremely complicated rules, in order to ensure that if a monarchy ever returned to lead France then it would be bound by the 'code civile' and previous regal excesses would be avoided.

Napoléon III is also responsible for improving France's infrastructure of railways, ports and roads and enabling Paris to become the major grandiose architectural city that it is today.

² MEDORI Henri, L'Histoire de France, Chronologie. AEDIS editions, Vichy 2002.

So, is Napoleon really dead? He certainly does not strut around on his horse dressed as the emperor but there are many other latter day enforcers who do and use Napoleon's civil code as their guide.

What the bleep do we know?

Fritjof Capra, in his book entitled *The Hidden Connections*³ believes the conscious experience is an expression of life, emerging from complex neural activity. He is quoted in "What the Bleep", as '*The electron does not have objective properties independent of my mind*' (This is used in the context of an observer making things happen or making them real. Human (as opposed to nonhuman) is what brings the object from probability to real (sic) or realises understanding.

Quantum Mechanics.

Mostly we assume the human observer is the driver, but what about the nonhuman observer?

In order to uncover the insight of an animal's impact of conscious an example might help: In relation to the theories of quantum mechanics, 'Well can a cat cause these effects with its consciousness?'. (Bleep Page 78).

My example is our late cat called Trotsky. She caught a rat one dark, winter wet night in the back garden. Our late dog, Rusty heard the commotion and rushed into the shrubbery, causing the cat to release the rat. Rusty charged roughly looking for the rat in the dark and heavy undergrowth, while the cat studied the scene without moving anything but her nostrils, breathing heavily. With one leap of 2 metres she re-caught the rat. The dog blundered in again and the rat escaped once more.

The rat disappeared and the commotion died down. The dog returned to the house but the cat remained in the garden scouting like a hunter before she settled on the highest point of the garden shed roof. She never moved from her perch for 3 days and nights and refused all offers of nourishment. On day four she appeared at the back door with the dead rat and looked at the rest of us while appearing to say '*Look what I can do and none of you can*'. She was right of course.

For consciousness read 'instinct'. The cat behaved as it is programmed. However the dog is similarly programmed but couldn't maintain the persistence of the cat.

³ Capra, Fritjof, *The Hidden Connections*. Doubleday Publishers. USA 2002.

The active agent in the cat, brought about by its instinct, caused the effects that not only allowed her but probably drove her to act as she did and not give up until the job was done.

What about the rat's consciousness? It too is well endowed with instinct to survive in a hostile environment. Why was there not a stalemate?

My theory is the cat had trapped the rat under the shed and simply waited because she knew the rat would eventually get hungry enough to make a dash for it. So much for nonhuman observation in the investigations of Quantum Mechanics.

Quantum Logic

For Quantum Logic, also in a nonhuman fashion the question of whether a dog is a conscious observer or if a dog ever decides to make a quantum measurement can be demonstrated with an example as follows: The first time I brought our current dog, Mignon, to the sea was a revelation. We previously had a dog (Rusty a Cairn Terrier) for eleven years and she never went into the water. Bear in mind that we live right beside the sea in Dublin bay and walked the beach every day with the dog.

When we got the new pup, she is a mongrel so we didn't know her influential breeds. Our vet Paddy Treanor told us during his first investigation that she had a bit of a spaniel in her.

Well when she was old enough to be brought out at eleven weeks, she arrived at the sea and immediately jumped into the water and swam.

Her reaction was instinctive, it had to be, she had never seen the sea before yet she had no hesitation in plunging in. I think she made a decision to make a quantum measurement based on her observation. (Bleep Page 80)

The conscious act of observation is the key factor in the formation of reality. Human observation puts the subject into the position of the witness and allows reality to become an event.

Experience

Patterns of the past or memories are events previously experienced and filed away for future use.

Often it will happen that we re-visit an area or a place that we have not visited for years and although we could not map out the route, we end up bringing ourselves to the exact place. This occurs even though we are not quite sure how it happened.

Visual prompts along the way trigger or confirm memories long since buried in our conscious or even sub-conscious.

How does this happen? Another great question. And maybe by joining the dots between visual, memory, perception, observation and reality, or me seeing, thinking and writing we will find out.

Human Instinct.

Although we may have outgrown the instinct with which our ancestors were endowed we still have a certain ability to make instinctive decisions. Trust in an individual or organisation may make us believe our instinct when making decisions that cannot be backed up by sound logic.

The 'still small voice' (Page 82) of the inside observer must however be developed. Spiritual reflection often helps in making life-changing decisions. Clearing the mind of clutter enables the important elements of life to become clearer.

Clutter in our brain and in our lives causes stress. Stress becomes addictive and keeps us rooted to the situation causing the stress. We may have down-sized our frontal lobe to that of a dog by not making clear decisions on improvement of quality of life.

Modern technology dominates in the area of stress.

If a company issues free mobile phones to staff then they own them 24 hours a day, 365 days a year.

People are locked into always being in contact and as a result they lack the confidence to switch off, in case they miss something. Work time and rest time are commensurate and complimentary but many think they impress those above them by always minding their business.

Absolute rubbish. We all need rest time, free of duty. Otherwise stress builds up and irrational decisions are made and companies suffer leading to economies suffering and ultimately the individual suffers.

But tell this to any of the over-zealous whizz kids who sign up to the 24/7/365 philosophy. They will not listen. They lack the self confidence to switch off.

Enlightenment

The more education we have the less enlightenment there seems to be. It is however only me saying this. I haven't done a survey so there is no empirical information.

Never the less the older I get the more fools I seem to be surrounded by. There may well be a mathematical formula for this.

$$F = B \times A$$

Where:

F = Fools (Quantity)

B = Bill (Me as a constant represented by 1)

A = Age (in years)

If this seems a little intolerant then I'm sorry but it is true.

I could add an intolerance ratio to the equation at B but F would always be strongly positive.

Expansive thought.

If only people would think more about the Universe. The vastness and seemingly infinite possibilities for conjecture would have the immense potential to make earthly education more complete. Anything less than the universe and its endless permutations for thought would put all other thought processes into perspective. The parallel universe and the innumerable parallel possibilities or outcomes of that choice occurring at once (Page 79) is without doubt, a mind expanding notion. So in fact understanding leads to realising. Realisation creates reality through observing and understanding.

Einstein's (1879-1955) neorealism conclusion that common sense reality does not exist in its own right (Page 80) is very interesting. Him being the publisher in the 'miracle year' of 1905 where he expressed the equivalence of mass and energy ($E=MC^2$) and turned down the presidency of Israel in 1952 saying that '*equations are more important to me, because politics is for the present, but an equation is for eternity*'. His theory of relativity ($E=MC^2$) assigns an unprecedented importance to the role of the observer⁴.

Isaac Newton (1642-1727), John Locke (1632-1704) and Immanuel Kant (1724-1804) had proclaimed perceived notions of space and time but Albert Einstein seriously threatened those notions.

⁴ Stokes, Philip. Philosophy. The great thinkers. Eagle Editions Ltd. London. UK. 2007.

Between 10^{-36} of a second and 0.2 of a second (after the Big Bang) we see wild fluctuations of temperature rising and falling billions of degrees during an expansion of the Universe from an estimated 10 up to 500 billions of kilometres, and don't forget, there are gigantic crashes occurring during this phase.

The first atoms didn't appear for another 380,000 years but not before neutrons, protons and helium nuclei made their presence felt in a seemingly permanent icy fog that brought the temperature below zero degrees and blocked all light giving almost total obscurity.

This brings us up to 100 million years and saw the development of massive clouds of gas inside which balls formed eventually exploding allowing the first stars to appear. From one such star, our Sun gives off light and heat to our solar system, which includes the earth, and it gives us life.

Grasping the enormity of this concept and development has to give us food for further thought and, just like the expanding Universe, also has the potential to expand our minds. Wonderful stuff entirely. The brief description above doesn't even deal with what was there before the big bang or the time gap between the first stars and when we stood up on our back legs! If that doesn't stimulate the grey matter of most people with an active brain then in my opinion, nothing else will.

Without even studying further, all we have to do is look up at a clear sky at night, look away, then look back again. Is it still there? Of course it is. But does it disappear when we look away? Who knows but with empirical evidence suggesting an existence lasting 13.7 billion years, it would be neat trick to make it disappear and re-appear every time someone glances at the sky.

In many cases people have made a career out of observation and the most unique object of all is the Universe! One such, who has earned immortality, is Simon Laplace (1749-1827)⁶ who puts our solar system at 4.6 billion years old.

My great questions now: If the Sun is burning away continuously for all that time;

⁶ Tester votre culture general. Supplement de le Journeau Sud Ouest. Bordeaux, France, 2012.

1. What is its fuel?
2. Is its fuel coming from the Sun's core or its external atmosphere?

Perhaps these answers lie outside Newton's famous predictions derived from his three laws of motion and his universal law of gravitation.

Laplace's imagination and intellect pushed the idea predictions further when he declared that *'..Nothing would be uncertain and the future just like the past would be present before our eyes..'*⁷ This however became 'Laplace's Demon' as it did not rob humanity of free will by reducing future prediction to a mechanical exercise through mathematical laws.

Reality.

*Speaking to those present, the sage said, "People prefer illusions, not reality. Some people even think their parents never had sex"*⁸

Often throughout the book reality and consciousness are mentioned and even compared.

'The conscious act of observation is the key factor in the formation of reality' (Bleep Page 81) gives food for thought, There I go again mixing up description and definition. How can I describe something by using a similar word? Thought is conscious, 'the still small voice', 'the ineffable self' (Bleep P 82). When I read those expressions the characteristic that came to mind for me was 'Human Instinct'. Mostly that has been replaced by intelligence in modern humans, I maintain. We do not give ourselves time to rely on instinct therefore we have lost it to a large extent.

Defining consciousness inevitably strays into descriptions of the effect of consciousness, i.e.; seeing, feeling, acting, touching. The feeling mentioned is not of the physical variety but more of the sensation nature. Touch something hot, feel heat, react by pulling away. Seeing a beautiful woman and reacting to her beauty by looking at her then looking away for fear of being caught. Approaching her and asking the time. The same reaction can occur by admiring a member of your family

⁷ WATTS. Duncan J. Everything is Obvious. The dream of prediction. Laplace's demon. Atlantic books. London, England 2012.

⁸ Padinjarekara, Francis J. A Dewdrop in the Ocean. (Wisdom stories for turbulent times). Reality (Page 49) Awareness Arc. Mumbai, India. 2009.

and being proud. But define 'proud': A good feeling, a warm feeling, although you do not get any hotter in the strict sense.

We simply cannot put our finger on conscious.

'By using consciousness to investigate consciousness' (Bleep P 96) at least the physical scientists 'measuring devices' theme gave the explorers of consciousness a way of fronting up and admitting consciousness cant be divided into smaller elements to define it.

Magnetism is something else we cannot see but know it exists. Birds and fish, we think use it for navigation, but we do not really know how.

We know repulsion is the real test for magnetism and not attraction. Ships and aircraft have used the earth's magnetic field to show the direction of travel. We know the geographic and magnetic north poles are different. We know the magnetic north pole varies by up to 24 deg from the geographic North Pole but the magnetic pole keeps changing, albeit in a gradual and measurable way. We know there are small diurnal (daily) variations caused by the sun's activity. We know it has an angle of dip that increases the further north we observe. We know it was given its name because the first recorded lodestone was discovered in Magnesia, Asia Minor.

All these things we know about magnetism and its wonderful properties but we cannot see it or touch it. All we can do is describe its effects.

Does it remind us of anything? Why it reminds us of consciousness!

What we need are iron filings for consciousness.

Just like we did as school children; shake very fine iron filings on a board resting flat on a bar magnet, tap the board slightly and bingo; a magnetic field magically appears in a beautiful, almost floral pattern.

Think it'll work for consciousness? It'll take a miracle! But let's try.

We know the earth acts like a huge bar magnet, but what about the universe as a whole? Can we even call it a whole, as we are not really sure if it goes on forever?

But back to magnetism and other unfathomable phenomena.

With consciousness we know it is all in the mind.

Even Buddha said: *'All that we are is the result of what we have thought. The mind is everything. What we think, we become'* (Page 99)

Lets shake some iron filings on it:

So the expression *'To think outside the box'*, might convey an outer mind thought process. (Incidentally it not an expression I'm mad about because I'm convinced it is over-used by business people who tend to be conservative by nature and use the expression to give the impression they are imaginative.) Be that as it may where does the mind get its stimulus?

We have mentioned sight, hearing, touch, etc where we have a known input and then a reaction.

What about the add-ons of thought, that seems to occur only in the mind?

Artists, musicians, writers for example have talent that manifests itself in expression through physical and tangible performance. We see and appreciate the outcome of their talent. But what is talent and where does it come from?

Do we all, for instance, have the basic structure more or less, but then some of us also have certain characteristics latched on to that structure that define our ability.

Now I've gone and used another term, Ability, that came to mind when 'Bleep..' asked the question: 'Is consciousness a unified field?'. (Page 98). I immediately said yes because I like the term unified field but then I based my answer on 'ability'.

Where did that come from in my mind? Where was that lurking when a unified field was delivered through my eyes to my brain?

Ability in humans would tend to suggest intelligence. But then we measure intelligence as a quotient that does not quite catch everyone. Geniuses have been known to fall by the wayside as life threw up challenges they were not equipped to deal with.

Take Christopher Langan⁹, for example:

- He was speaking at six months.
- Taught himself to read at age 3 (years old).
- At age 5 years old he questioned the existence of God.
- At school he aced tests by skimming through text books a few minutes before the test.
- In his early teens he studied theoretical physics.
- Read Principia Mathematica at sixteen years old.
- Had an IQ of 200.

Intellectually he had everything going for him. So where is he now?

⁹ Gladwell, Malcolm. *Outliers. (The story of success)*. Backbay Books. Little, Brown and Company. New York. USA. 2009.

Answering questions in quiz shows. Plain and simple.

Despite all his credits he had one debit that he could not overcome: He has no college degree. Why? Because a basic omission of neglecting to complete his scholarship application form in his second year. He lost his funding and could find no other way to establish his credibility as a recognised academic

Although he had this fantastic intellect, perhaps his deprived upbringing militated against him achieving his full potential.

Another example is a boy in my secondary school; Edmund Perrett, the best in the class by far, first in every test and in the state examinations. Then he disappeared without trace, it was assumed to one of the prestigious Universities. But not so. One day about 6 years after I left secondary school I was walking in the centre of Dublin when I was approached by a down and out, long hair, beard, dirty clothes, worn shoes. He asked me if I had a cigarette to give him. Although unrecognisable physically, the refined voice gave him away. He chose to ignore me and walk away when I called him by name. Another genius disappeared into the crowd forever.

Observation

What is consciousness and what is reality? Two sides of the same coin?

Einstein says 'common sense reality does not exist in its own right' (Page 80).

In his book, 'Everything is Obvious'¹⁰, Duncan J. Watts gives many examples of 'The myth of common sense'. (The economy, for instance). However in his dealings with common sense physics he goes a little further; velocity, gravity, melting ice, and shooting stars. We frequently get our perceptions wrong by applying common sense. (And they are nothing compared to quantum mechanics). He says that this is no bad thing, because it forces us to do science so we can test our theories. Einstein would have loved this and his protégé David Bohm maintained that quantum mechanics reveals that reality is an undivided whole.

Altering our everyday reality is a feature of experience. We see, we observe, we absorb, we alter. Observation is perception (Page 84).

In points to ponder paraphrased as follows (Page 86):

¹⁰ Watts. Duncan J. Everything is Obvious. How common sense fails. Atlantic books. London, England 2011.

- If the self is the internal observer and the observer holds memory then they are only separated by time.
- The perception of reality is changed: by updating experience.
- Reality is put into suspension: when not observed.
- The observer: is the miracle of life.

Sub-conscious

‘The intangible, or non physical, or spiritual are forever separate from the physical’.

(Page 90, Bleep..)

By making that statement Descartes (1596-1650) was giving the lead for generations of scientists and philosophers to opt out of the tough questions. Not that he avoided tricky problems himself.

To say that science is not yet equipped to solve the conscious anomaly is still valid, even to this day.

If we again draw the Universe versus Mind comparison we find that only yesterday (July 18, 2012) was it announced that a new spiral galaxy (Named/numbered Bx442) has been discovered. It appears to be like another Milky Way, in among hundreds of others and apparently formed some 300 billion years after the big bang.¹¹

This is truly amazing and a perfect example of knowledge gleaned by advancing technology. When I wrote about the Hubble telescope previously in this assignment I was unaware of this new discovery. Yesterday I heard about it on French radio. Amazing too that the theory of co-incidence kicked in again. I wrote about the Universe, Hubble and discoveries, then another discovery appears. Even more coincidental is that I heard it on the radio during a 40 minutes drive to work.

Question: Did I create reality? Hardly in the discovery of Bx442, but perhaps in the fact that I learned about it at precisely the time I was researching the topic.

In the separation of physical and spiritual is there also a possible split between conscious and sub-conscious?

Experiences that cannot be explained, miracles and other phenomena (Page 93) definitely have a place because they have already been categorised as ‘Déja Vú or ‘Already Seen’.

¹¹ France info Radio, 105.6 MHz, 19/07/12. C/F www.billnelson.ie

Many people have them, like reams when you are awake. You enter a twilight zone and no matter how hard you try the image or experience disappears just as quickly as it appeared.

Where do these come from?

Some say that our sub-conscious operates at a phenomenal speed and at a different level.

When we see a déjà vu it is said that it is a brief glimpse into our sub-conscious information.

It is quite interesting that the body of knowledge embedded in the conscious may even give a glimpse into the future. So how did that get in there?

Perhaps via interconnection with other bodies, minds, cosmic sources.

Science fiction? Not according to Hameroff (Page 134) In fact he says we can even go backwards in time. When I read this passage first my initial reaction was yes, we have a memory. After a while it dawned on me that consciousness backward in time is extending in time before personal memory.

Well why not? We all carry genetic information from our forebears to varying degrees. Talent, characteristics, personality traits, physical similarities, so why not consciousness information in the form of unlearned memory?

*“Surely God chooses His servants at birth, or perhaps even before birth”*¹².

Epictetus (Stoic philosopher 55-135AD Ancient Greek: Ethics, Morals and the kinship with God)¹³

The concept of backward consciousness may not be as unbelievable as first thought. The psychiatrist Brian L. Weiss MD, in his book ‘Many Lives Many Masters’¹⁴ gives comprehensive and extremely detailed evidence of his patient, Catherine, and her many pre life experiences. He freed up her memory by means of hypnosis, which he learned himself, as a way of delving into Catherine’s mind, And to verify hypnosis as a recognised therapy for purging and healing, we have evidence of when science and medicine of the Babylonian Empire (Chaldea 606-539 BC) employed hypnosis in psychosomatic medicine. In fact Babylonian scientists also understood magnetic forces and had Babylonian science not come down to us

¹² Caldwell, Taylor. Dear And Glorious Physician. Doubleday & Company. New York. 1959

¹³ Epictetus. <http://plato.stanford.edu>

¹⁴ Weiss MD L. Brian. Many Lives Many Masters. Simon & Schuster. N.Y. USA. 1988.

unbroken our knowledge of the world would be vastly more advanced. (Taylor Caldwell. The story of St Luke, physician and evangelist. Circa 21-95AD).

Moving slightly forward to the Presocratic philosopher Parmenides of Elea (c515-440BC)¹⁵ creating reality to him was simply an expression of thought. He launched a debate on two fronts that continues to this day:

1. What is the difference between existing in the world and existing in the mind?
2. What are the connections between thoughts, words and things?

Creating reality for ourselves may be as simple as making a 'to do' list at the start of your working day and checking them off as they are accomplished.

Or it could be more revolutionary like starting a family (creating a new as yet unborn life).

Ponder.. (Bleep Page 138)

The limits to our creativity and power is imagination.

We have moral responsibility to create more effectively.

The difference between the personality and higher level of consciousness is awareness.

And personality is never bad if corrected by conscience.

Infinite imagination

What a wonderful concept. An imagination without limits.

But is it possible? 'Unto the pure all things are pure...' (Titus 1:15). (Bleep Page 129)

An interpretation of this could well be a pure body makes a pure mind. And in that purity is a place made for God to enter. Once God becomes a reality then so does everything else that enters that mind.

Nothing is impossible; therefore the imagination can operate without limits.

'Behold the kingdom of God is within you' Luke 17:21 (Bleep Page 149).

This, regardless of religious beliefs should be a target for our mental state. Those who chose to reject a higher being also tend to reject many other concepts, regardless of their intelligence. They would not be considered to be of an open mind.

¹⁵ Stokes, Philip. Philosophy. The great thinkers. Eagle Editions Ltd. London. UK. 2007.

'My child your sins are forgiven' (Mark 2:1-12) Jesus said to the paralytic in Capernaum. The Scribes were sceptical but the paralytic was not. Jesus sensed the hostility and said to the Scribes *'Why do you have these thoughts in your hearts'*. That is an interesting concept. Because the heart does not think, the brain does the thinking. Perhaps Jesus had already accepted that emotions were part of the thought process and gave the hostility and scepticism another place in the body to reside, other than the brain. A minor point perhaps, but one which could indicate an extension of thought outside the brain, and perhaps to extend the mind to the whole body, and in a collective way to other human beings and perhaps beyond by implicit connectivity. Jesus continued and addressed the paralytic; *'I order you: get up, pick up your stretcher, and go off home.'* And the man did because he believed beyond a shadow of doubt that he could do as he was told. Call it belief or call it his unlimited imagination, making him believe. But it worked.

Question: Consciousness, the Brain, and the Body acting in consort with the universe? (Bleep Page 154).

Answer: Let us examine some 'isms'.

Isms¹⁶

Materialism: Only matter exists (Nullifying God's existence). Marx, Engels, Lenin.

Dualism: Matter and mind influence each other. Descartes.

Idealism: The empirical world does not exist independently of the human mind.

Berkeley, Kant, Hegel.

There are almost as many ISMS as there are schools of philosophical thought.

To name a few: Agnosticism, Atheism, Atomism, Behaviourism, Empiricism, Existentialism, Hedonism, Monism, Positivism, etc. They all have or had their followers and detractors as the comparison, above between Materialism and Idealism (opposites).

They are positions that can be adopted for pure academic purposes in order to either discard, park for further discussion or adopt, depending on how they stack up.

Just like the on-going conjecture of the physical/mechanical versus the consciousness part of the brain. Who stores what, where, and how is the information transferred.

Chemicals, cells, neurons, cytoskeletons, micro-tubes, synapses, proteins, oxygen,

¹⁶ Stokes, Philip. Philosophy. The great thinkers. (Glossary) Eagle Editions Ltd. London. UK. 2007.

blood, grey matter, mathematical symmetry. Conjecture collapsing to reality, usually subjective.

Again returning to Max Planck, but this time in distance, the Planck scale, 10^{-33} cms. Fundamental level of the universe. In my opinion Penrose-Hammeroff (Bleep Page 160) is as good a theory as any other and likely to make as much if not more progress, eventually.

Another great question: Why so many questions?

Answer: We do not yet have enough answers.

Learning

'Some of the disciples would faithfully write down everything the sage spoke. One day he told them, "These words are useless without the space between them. If you understand that, my dears, you won't bother to take down everything I say"¹⁷.

Practice makes perfect. A well known phrase that happens to be true. In order to perfect an act it must be practiced over and over.

The famous golfer, Gary Player, said *'The more I practice the luckier I get'*.

By practicing, either physically or mentally we are giving the neuronets repeated identical information that makes the habit become second nature. That we can even do them without thinking or by thinking about them we can reproduce them in pressurised situations.

When we are nervous we tighten up. We often both see it and experience it ourselves.

Professional footballers miss penalty kicks by losing their nerve in a tense match.

Even the expression 'losing their nerve' reflects a system disconnect between their brain and their body.

Golfers get the yipps and miss a one foot putt.

Even personally myself, when singing in church I get 'nervous' just before I start.

Questions like: will I come in at the precise time and in tune with the musical accompaniment. I always have doubts but I always hit the note bang on. Why?

¹⁷ Padinjarekara, Francis J. A Dewdrop in the Ocean. (Wisdom stories for turbulent times). Awareness Arc. Mumbai, India. 2009.

Because I've practiced, and practiced, and practiced, and in a tense situation it just comes out automatically. Don't ask me why but it just does.

Neuroplasticity is an interesting concept in that I had some practical experience concerning handwriting.

I injured my right hand and arm in a motorcycle accident in 1996. Nothing serious but the net effect was I 'forgot' how to hold a pen or pencil. What a weird feeling; looking at the pen in my hand and unable to visualise how to operate it.

Many tests revealed no neural damage. However a neurosurgeon explained to me that during the period of impact (when my right hand struck a car window) the electrical signals between my hand and brain were interrupted for several milli or micro seconds. This break in normal transmission was enough for the brain to lose the message signals that had been built up over many years. (Practice made perfect).

The surgeon gave me two options:

1. Relearn how to write with my right hand.
2. Learn how to write with my left hand.

Option one had certain elements attached.

- The neuron signals may resist re-establishment due to possible conduit damage between my hand and brain, which had not been found during tests, leading to possible inability to re-educate my brain.
- It may return on its own.
- Between the two above there was no guarantee on the length of time the process would take.

Option two, use the left hand, was a much safer bet because my left hand, or arm, had never suffered any sudden trauma.

The outcome is that I learned to write with my left hand after six months practice and eventually, with little or no coaxing the signals returned in my right hand up to approximately 75% proficiency. So now I am more or less ambidextrous.

I'm not sure if this physical ability to change falls into the Vedic tradition (Bleep Page 177) or if the new order adds to coherent brain functioning. One interesting aspect is that after a lifetime of interest in creative writing I have finally written a play that will soon be staged. Has my creative ability been sufficiently stimulated to a higher level that allowed this to happen?

Higher academic performance I will leave up to others to assess!

In a way I've already fired my neuronet for PENCIL and given both sides of my experience.

Maturity

Many concepts and aspects of Consciousness, Observer, Intent and Free will tend to (or should) improve with age. Like good wine we should develop maturity.

As a teenager I was amazed how wise my mother was. She never seemed to make wrong decisions.

My grandfather lived to the age of 90 years and he entered the realm of a sage.

My father also lived until he was 90 years but I wasn't as impressed with his wisdom, and the reason was because I had developed also a level of wisdom I didn't possess at a younger age.

My interest in the endless wonders and creation of the universe also expanded my horizons.

Karl Marx (1818-1883, Born Treves, Germany)¹⁸ is often paraphrased thus: '*Religion is the opium of the people*' ("*Die Religion ... ist das Opium des Volkes*" German). The receptors (Bleep Page 185) in my brain are opiate receptors; the opium for me is the universe, it's creation and it's wonderful Creator.

As I get older the 'Feel-Good' endorphins, that I used to get from playing rugby and running at a younger age, I now get from knowledge of the universe.

Power, sex and survival, while still occupying a huge level of satisfaction have dropped in the emotional pecking order. Contributing to family development and evolution and more recently the arrival of two grandchildren have shot the emotional satisfaction right to the top of the 'Good News' league.

I can't stop this addiction and better still; I'm sharing my emotional well-being all around.

So, all addictions are not bad, (Page 208), as I've just described. But stress as an addiction is endemic in modern society.

It is difficult to totally blame people who buy into this philosophy. They can't just walk away from their jobs if it is too stressful. They have huge responsibilities with financial commitments.

¹⁸ Stokes, Philip. Philosophy. The great thinkers. (Glossary) Eagle Editions Ltd. London. UK. 2007.

Be that as it may, there is an insidious element to modern technology as it is adapted nowadays. I previously mentioned the use of 'always-on' mobile technology as issued by companies to their staff. This adds incredibly to the stress levels and staffs are too wedded to the company to object. Stress begets stress.

And the last word on addiction:

If we lose the ability to chose (human frontal lobe ability) we could end with the ridiculous Chicago approach¹⁹, entitled *A Theory of Rational Addiction*: it explains how a rational person with a strong preference for intense and immediate gratification may make a rational decision to accept future addiction as a consequence!

Desire for knowledge.

The more we know the more we know we don't know. The more knowledge (information) we pile into our brains the more room we leave for more.

It is an inverse proportion rule and just about the only vessel that has that characteristic. But then a bucket that leaks will never be filled. So maybe there is merit in the theory that the brain is only a back-up storage vessel and that the knowledge is stored in the universe (Bleep Page 129), and our brains are the conduit through which this information is channelled in both directions.

This theory comes close to a transcendental realisation of wisdom and would fuel the desire to learn more. To enable access to that vast store of knowledge that is lurking out there it would be worth trying meditation to enable absorption.

Perhaps a combination of transcendental meditation allied to our own continued learning stimulates the resonant frequency necessary to allow us operate at the same pitch and amplitude, so we blend in and fall in step and in phase, with the frequency. This perfect phasing possibly creates a harmony between brain and universe that frees up information flow.

Conclusion

Religion.

I'm not mad about any societal structures or organisations that do not treat women equally.

¹⁹ Kahneman, Daniel. Thinking, Fast and Slow. Penguin books. London. England. 2012

Many established religions almost ignore the fact that women make up half the world's population.

In fairness to Christianity, it has made great strides to ensure that its ministry, proponents and philosophy attempts to retain its relevance to modern society. Regardless of whether we adhere to the teachings of Buddha (or Gautama 6th century BC)²⁰, the Indian mystic and philosopher, whose influence still reigns in Eastern culture, or we prefer Western civilisation (Bleep Page 228) religions it is very difficult to escape the existence of a God.

What may be considered as a dividing concept actually has more in common to unite. Unfortunately sectional interest within established religions and theologies concentrate more on power than on almighty God.

For those who do not believe it is easy for them to pick holes in the scripture due to its simplicity.

In Mark's Gospel, (Mk. 4:26-34)²¹ Jesus Christ speaks of the tiny mustard seed and its wonderful development. The parable was the ideal way to get a message across to simple people.

The Gospel continues: *'Using many parables like these, he spoke the word to them so far as they were capable of understanding it'*

He spoke a language they understood.

God gave us the use of reason and with it we interpret and interpose our considered interpretation and opinion based on our up to date understanding of the universe.

They are one and the same thing, God and the universe.

If my earlier connections are made as I intended between our minds and the universe then; 'The kingdom of God is within us'. (Bleep Page 231).

'There are no atheists in a foxhole'. In other words when the chips are down even the heathens pray. They probably do not pray for their immortal souls but for their mortal lives. That's understandable but why wait for a crisis? Blocking out a Creator is not a philosophy by default because no other exists. It is a thought that creates reality and as such creates a barrier to further pluralist learning.

Equally, believing in a God of man-made restrictions and rules builds high wall barriers to learning.

²⁰ Duncan. A. They Made History. The Grant Educational Co. (London) Ltd. England. 1947

²¹ Liturgical texts. The Roman Missal 2010. Eleventh Sunday in Ordinary time. Missalet.17 June 2012.

Putting ourselves into an insignificant atom of a grain of sand (i.e. mustard seed comparison) relative to the universe should give a perspective of our lack of significance.

Insignificant as we are, we are not unimportant. We exist, we are real, we affect reality, and we can make a difference.

Putting God in different places is a past-time of many established religions. Even pre-Christian believers gave God an important place, above all. He was either all omnipotent, as in ancient Celtic Sun Worship, or He existed everywhere as the spirit of the wind, the buffalo (Bleep Page 238), as understood by the Native Americans. Eastern religions and philosophies gave consciousness the higher spiritual ground without necessarily mentioning a Deity.

The right and wrong elements, introduced by established religions are based on man-made rules. God does not arbitrate on our actions, he delegated that to every individual. He gave us a conscience, which is self monitoring and free will.

Emanating throughout the universe, as God might be, he could have mirrored his environment in our minds and again gives us a link or even a possible duplication of universe and conscious, of which conscience is a part.

Science

The spirit/matter debate in western civilisation is possibly getting closer.

For my part I don't see a huge void. I would come down on the side of Einstein whose concept and understanding of the universe led him to realise a higher Being was controlling all.

Albert Einstein (1879-1955) himself when asked '*Sir, do you believe in the existence of God*', he replied '*I define first that you know God and I say to you yes I believe he is there*'²²

The man was a genius, but a human also and maybe his Jewish background gave him a bias.

²²Dhilly. Olivier. Philosophie. Testez-vous. Le Point. Nr 2. Juiillet- Septembre 2010. Paris. France

Science and religion have been batted backwards and forwards by philosophers for thousands of years. The debate has moved to science and spirit, and if there is a scientific basis to the power of prayer for healing.

This could be argued back and forth by academics, sceptics and scientists without ever coming to any meaningful conclusion.

Miracles

With the success stories of miracles out there it could be put down to co-incidence. But we've made the point before about creating one's own reality; the theory of co-incidence?

If anyone doubted the effect of faith on a grand scale then a visit to Lourdes in France, birthplace of Saint Bernadette and place of apparitions of the Blessed Virgin Mary will give food for thought.

The grotto in Lourdes is a place of great pilgrimage world-wide.

I've visited Lourdes often and the amazing sense and atmosphere of raw faith and hope is palpable.

Without doubt physical cures do not occur on a daily or weekly basis but mental acceptance is a form of miracle too. There are many reports of contentment, of finding inner peace among invalids who visit the Lourdes Grotto.

The phenomenon of the presence of faith in Lourdes has also been noted by Sir Bob Geldof, a self proclaimed atheist. He describes the incredible feeling which he called 'something' that is driving people to hope and acceptance.

And, is inner peace the same as inner space? If so then having made the universe/mind connections I see no difference between 'inner' and 'outer' space.

The 'why are we here' question (Bleep Page 243), in my opinion, goes along with the 'how' and the 'when'.

We have come to this point after at least 13.7 billion years of development.

The 'how' is in the stars, literally, as part of the universe.

The 'when' is part 'now' and part 'future' and may never be fully answered.

The 'why' has to be interlinked to everything else in the universe from the tiny mustard seed to the vastness of open space and every form of science that the human mind has developed.

We cannot mention entanglement in the universe without including the mind.

Control

Distance in space, 'non-local' (Bleep Page 246), as espoused by Einstein definitely has merit in the hypothesis of entanglement.

The apparently random nature of the universe from within would appear that there is a certain disorder. But when we imagine the universe and its composition we see spiral galaxies that by their very shape are being controlled.

Scientific forces at play, notably acceleration, centrifugal and gravitational, give the galaxies shape by spin.

So every singly element within is being controlled.

Look at it this way: A hubcap comes off a car wheel at speed and although completely detached, it inherits the same speed and direction of the wheel immediately it separates. It is under the influences of centrifugal, gravitational, rotational and acceleration forces. It remains influenced by its master. As the speed slows the force of gravity starts to impose itself on the hubcap. Eventually the hubcap slows significantly, wobbles and falls over because gravity has won.

If the separated hub-cap did not strike the ground, the assumption is that it would continue in an orbit of the wheel, its master for an indeterminate period of time.

Sound familiar?

With the galaxies, our Milky Way included, we believe they are still accelerating after the Big Bang and the spiral centrifugal spin is still well in control. (At a speed of 120 kms per second through space)

We are part of that so we are also being controlled. The hierarchy of consciousness could be viewed as a microcosm (micro-cosmos) of the universe entanglement.

The possibility is that ultimately every area of study will converge with developed and connected thinking.

Current studies estimate a 1 in 40 billion chance of two stars colliding in the Milky Way in a space of 100,000 years, and our galaxy not colliding with its nearest neighbour, Andromeda, for another three billion years.²³

Great questions:

1. Will the world end?

Answer: Yes.

²³ Le Big Bang, GEO Savoir. Comment notre monde a commenc . MEYER. Eric. Editor. Paris, France 2012.

2. Did the world end before?

Answer: Probably.

3. Will there be a new world?

Answer: Yes.

4. Will my father be in it?

Answer: Without a doubt.

Beginnings:²⁴

'In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep and the spirit of God was hovering over the waters' Genesis1:1.2

END

²⁴ Collins. Michael. The Illustrated Bible. Darling Kindersely Ltd Publishers. London England. 2012.

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Erratum: (Bleep Page 132). George Bernard Shaw was Irish. Birth place: Dublin, Ireland. 26 July, 1856.