

Article

The Physics of Now: Experiential Consciousness Research (Part III)

Amrit S. Sorli*

ABSTRACT

The universe is really a self-renewing being in its own right. The universe itself is God. In the model of the universe we developed, the “mathematical universe” itself is the direct medium of the information between the particles. In the mathematical universe the transfer of information is instant. In the material universe, at the scale of photons, information spreads at the speed of light. We need to keep in mind that consciousness is not information. Consciousness is manifesting and acting through the mathematical universe and DNA down into the level of the material world. Within this context, the human thought process is not an “energy phenomenon” carried by the electromagnetic waves as many people imagine. Thought is rather a phenomenon that belongs in the realm of the “mathematical universe”. Therefore, thinking has tremendous power. Any thought impregnates the entire universe. With thoughts and potent visualization one can eliminate certain physical problems in the body. When the mind is linked with consciousness harmonious thoughts are created. When the mind is subject of its own egoism, destructive thoughts are created. Emotions are an actual “energy/material” phenomenon, tied to the secretion of hormones on human physiology. Telepathy takes place via a mathematical universe between two or more minds.

Part III of this three-part article contains: 7. Experiential Consciousness Research (ECR): Exploration of consciousness calls for a new research methodology; Main publications; and Links.

Key Words: physics of now, mathematical universe, God, experiential consciousness, information, thought, emotion, mind, Consciousness, material world, instantaneous, telepathy.

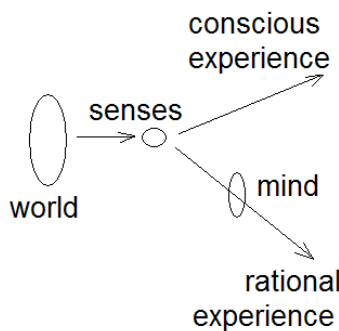
7. Experiential Consciousness Research (ECR): Exploration of consciousness calls for a new research methodology

I believe that time, like consciousness, has no material existence and thus I am inclined to model the universe in such a way that consciousness itself determines, via the mathematical universe, the manifestation of the material universe. In this view the structure of the universe is composed out of three elements: consciousness, the mathematical universe, and the material universe. These elements should not be viewed in a hierarchical manner or in a vertical sense, but rather as one fabric, coexisting in an indivisible and intermingling manifestation.

*Correspondence: Amrit S. Sorli, Independent Researcher. Email: sorli.amrit@gmail.com

Science has been mainly researching consciousness in such a way as pertains to the exploration of elementary particles, atoms and the celestial bodies. First, we create a particular model with our minds which we then try to check for accuracy and validity. However, classical research methods are inadequate for thorough investigations on consciousness itself since consciousness is not a discrete objective phenomenon like an electron, atom or the planet. Consciousness is primarily a subjective phenomenon. Exploring consciousness with classic scientific tools is like eating your soup with a fork; you will stay hungry. All the existing theories of consciousness cannot outweigh one hour of clear and sentient observation of the mind that created them. Observation of the mind is a function of consciousness. With a regular observation of the mind, which we also call meditation, we “wake up” consciousness, observer in us evolves in conscious observer.

Sincere scientific research on consciousness requires a new perspective. It is necessary to create a new methodology to research consciousness, a method which will allow us to experience it directly. When we explore objective phenomena we experience observations of phenomenon via the intellect, which experiences the world only within the context of linear psychological time “past-present-future”. A phenomenon is first detected by the senses. Then the information is transferred from senses to the brain, where it is processed by the rational mind within the context of psychological time. Finally follows the experience of the phenomena. When you begin to use consciousness as a research tool in and of itself, you become aware of the field that is a priori to the framework of psychological time. We experience information about particular phenomena purely just as it arrives within the medium of our senses.



Conscious experience and rational experience

Intellectual experiences are analytical, bound within time and quantitative by nature. Conscious experience on the other hand is timeless, qualitative and mystical; it reveals the true essence of the universe which is manifested in everything. Until recently, physics at large has pigeon-holed conscious experience as being “nonscientific”. Physicists have not fully grasped yet that

conscious experience really is complementary to the rational experience; both of these methods can symbiotically enrich each other. Rational experience develops science and technology, while conscious experience develops self-recognition, responsibility and accountability to one's fellow man and to nature.

The embodied realization that one is not simply mind and body, but consciousness as well, dramatically and radically alters one's viewpoints and reference points. Unfortunately, it is not enough to simply read books about ethics, justice and peace, etcetera. These in and of themselves do not lead to man achieving the embodied conscious realization and conscious experience of the world which I believe is the only foundation for the further development of humankind. A physicist can explore his universe directly and experientially using consciousness as a research tool. In every physicist the same consciousness observes mathematical universe and material universe and is aware about the difference between them.

The universe is an organism where consciousness, the mathematical universe and the material universe are three indivisible entities. Roger Penrose, the English physicist, conceived of consciousness as being simply the result of gravity upon the neurons of the brain. This model that I propose here goes beyond that base intracranial conceptualization and assumes that consciousness is *not* confined to the brain alone, as is assumed by most mainstream scientists.

Consciousness has inherent within itself a stable quality. If you observe it long enough you realize that while thoughts, emotions, and life situations change, the faculty of conscious awareness of these phenomena, in and of itself, does not change. Consciousness in and of itself is immutable and is not subordinate to physical laws. Furthermore, consciousness operates under the same principles in all humans. From the above given notions, we can plausibly make the intellectual leap that consciousness is not actually a part of the human personality structure, but rather, it is a force "above and beyond" human personality that penetrates down into human personality structure and actively works *through* it. Conscious itself is the one who is aware. It is both the subject and the object of its own self-same awareness. Consciousness is not bound by physical laws and thus it is always the same and stable.

Personality on the other hand is established in the brain. Brain is actual living-changeable matter. Yet, consciousness is not a form of "matter" or "energy" as we typically think of them. When the body dies, the mind *will* die, yet consciousness will remain unchanged. To awaken consciousness is to step beyond death and into eternity, which believe it or not, is here omnipresent in this very moment in which you are reading these words and sentences.

A notion of consciousness such as this ends the old concept of eternity whereby eternity stretches endlessly back into the past and infinitely far off into the future. Eternity, rather, is directly experienced and understood inside the current moment. Time is newly understood to be a simple mathematical sequence of events dotted within eternity. We are born in eternity. We live in eternity. We die in this same eternity. Unfortunately, we are seldom aware of this aspect of reality. When we correct our understanding about time and realize that time is just a sequence of changes within eternity, it becomes clear that the universe is not actually happening within time.

In the process of the evolution of man, mind is developed first, from this then flows the development of rational thinking and finally the ultimate discovery of the field of consciousness itself. I believe that for today's man the realization of consciousness is an evolutionary necessity, which can ensure man's further development. Reason ruled by limbic animalistic rivalry and human egoism will only continue to lead humanity into chaos. Borrowing from the language of physics, we can postulate the following: "The only lever to reduce social entropy is the systematic development of the consciousness of each individual."

No country has yet directly invested in the experiential consciousness research. Those who are in power tend to only see with the "eye of reason", the eye of consciousness" is not open yet to most people, especially not to people holding worldly power. It is important to keep in mind that the negative energies of this plane, on this planet, are simply due to limited levels of conscious awareness. People are not inherently "bad" they are simply limited in their awareness. Bad and painful things happen as a direct result and out-pouring of that self-same limited awareness. Everything bad that happens is only due to the non-awareness of who we really are; which is creatures through which consciousness wants to realize its truth and nature.

In this exploration of human consciousness it is important to remain mindful of the fact that consciousness already functions as our ability to be aware of our body's movements, emotions, mind formations and actions. Consciousness, awake and alive within us, takes responsibility for our thoughts, feelings and actions. Simply being aware of what you think is not enough. It is a good starting point; however it is necessary to assume full responsibility for our thoughts, feelings and actions. Only then can a real transformation happen where we can rise up from the mud of our "personalities" and bloom into the lotus of "consciousness".

That said, I caution you however to not create any mental concepts of consciousness with your imagination because it will be false and illusory. Reason does not have the capability to make a true model of consciousness. Start with a regular meditation practice: be aware of your movement, breathing, feeling and thinking.

Another suggestion, transform your diet so that it does not require the killing of animals. Become a vegetarian. Start to enjoy more of the nutrients from the seeds of industrial hemp, lentils, soy and other plants that contain protein. Learn full diaphragmatic breathing. In diaphragmatic breathing the first phase is a *complete* exhalation, followed by deep inspiration from the diaphragm, which continues to inflate in the middle and the upper part of the lungs. Doing this you receive plenty of oxygen and importantly an intake of prana/qi, or rather, “cosmic energy”. You should also practice every day a minimum of least 30 minutes of physical exercise. Find a physical exercise or sport that you enjoy, this is optimal.

A really fruitful practice is to sincerely ask yourself at least once a day: “Who am I?” This classic question functions like a koan, putting your personality on the line in the crux of light and truth. Only your conscious being-self can wordlessly “answer” this question. In fact coming to an “answer” at all is not ultimately important here. What is important is your conscious being-self remaining present and aware of the process as it unfolds. Never interpret the impressions you receive in this process with your rational mind. Allow it to lead you to discovery of pure awareness of consciousness. Eventually you will see through the fallacies of the small self and its illusion, and you will see how your personality is like a reflection of the Moon on the lake, which you believe is true. To extend this analogy, when a cloud comes your moon-reflection is gone. The real moon in the sky, however, remains. Can you allow that cloud that obscures the false reflection to point you to the authentic Moon that is you?

Western scientific mind explores the Universe and life only within the framework of linear psychological time. A sensation of duration is a consequence of our experiencing the changes within the framework of psychological time. In physics, the duration of a given change enters into existence when it is being measured. There is no duration without a measurement that is done by the observer. For the observer who is experiencing within the framework of psychological time this duration is “real”, it has an existence of its own. For the conscious observer which is free of psychological time duration, it is only a by-product of the act of measurement, it has no independent existence. Changes in the universe, nature, and our lives simply take place in the NOW which is eternity itself. Conscious observer distinguishes between fundamental time which is a numerical order of change, emergent time which is duration of change and psychological time which is a mind model. Physics enriched with conscious observer will use consciousness as a research tool, but will also encourage the development of a consciousness science within which the surveys of both the material world and the spiritual world will be balanced.

In western culture death is still perceived as the enemy. You are no longer entitled to die naturally. Medicine obliges itself to keep you going and alive at all costs regardless of the

bioethical implications. This unnatural and unhealthy attitude and approach toward death is due to our not having direct experience of consciousness. We cling to our bodies, our fleshy residences, without taking advantage of the opportunity in front of us to work on the spiritual realization of the part of us that exists outside of time. The body is given to man as an instrument for his development. It is through the vehicle of the body can we recognize consciousness.

The more you become aware of your thoughts, emotions and body, the more you become aware of yourself as a pure consciousness. Full self-recognition of consciousness happened to Christ, Buddha, Bodhidharma, Lao Tzu, Mohamed, Osho, Mooji and many other spiritual masters. They have become the world's teachers.

The Buddhists call this situation of perfect functioning of the consciousness through the body "liberation". In the state of complete self-awareness there is no longer the duality of "I-world". The perception of the "I-world" duality is the result of the functioning of the limited egoically bound mind. It is my hope that Physics will learn to use consciousness as a research tool and this will in turn encourage the development of experiential spirituality on a larger scale. Philosophies which talk about Truth but never achieve or attain it dwindle out over time. The use of consciousness as a research tool will integrate the understandings of the physical material world into a single model of unified psychological and spiritual contextual understanding of the world.

I would like to see the systematic development of experiential spirituality in schools and universities in all countries across the world. Experiential spirituality is based on the idea that consciousness has the ability to be aware of the mind as it is functioning. It is important to consider that what we think of as "national identity" is not consciousness but rather identification of an individual with a larger group of people. On this planet we will have to go beyond religious, national, cultural and all other mental boxes and mappings into the experience of pure consciousness. Here is where we will find the true source of creativity, beauty, love and intelligence.

The discovery of consciousness gives us the ability to have auto-reflexive feeling, thinking, and of course, action. In any situation you are placed in, you can experience the awareness of the position of a "third party" and experience the situation impartially as consciousness itself. Two conscious persons cannot, will not, engage in conflicted combat which is always the result of a disparity of mental frameworks. The Catholic and Muslim minds, for example, are too different in their orientations, to be able to find a "common denominator". Cultural exchange and the overarching declarative "respect for diversity", has not yet afforded fully desirable results. The foundation of real intercultural cooperation is in the common interest of research beyond mind, in the boundless depths of self-awareness.

7. 1. Cosmo-anthropology

One important question within the realms of physics and biology during the 20th century was “How is it possible that a living organism can maintain a smaller degree of entropy than that of the universe in which it develops?” We know that the entropy of the universe is constantly increasing. Yet, the case of living organisms is the antithesis of this pattern. Instead, every living organism has free energy, which allows for its growth and development. In fact, living organisms can transform inanimate substances into living material. Therefore, organisms are actually reducing entropy and thereby increasing order.

During the twentieth century, this miraculous property of life was illuminated by Ilya Prigogine, a Belgian chemist of Russian origin. He developed a model of “dissipative structures”. This was a mathematical description of the capacity of a living organism to maintain a lower level of entropy than that of its environment. However still, to this day, the mechanism which allows lower levels of entropy within an organism has not been discovered yet.

In China there is the centuries-old concept of bio-energy called “qi”, and in India there is the concept of bio-energy called “prana”. Entropy is not a characteristic within either of these cosmic bio-energy systems. “Prana” or “qi” is the medium, ground, and substance of life itself. I postulate that living organisms are able to maintain a lower level of entropy than their environment in much the same way as is understood in these Eastern cosmologies. I performed precise, balanced experiments at Ljubljana University between the years of 1987-1990. The results of these experiments suggested that during the growth stage of an organism, an unknown energy is absorbed that can be observed by increasing mass. This same unknown energy leaves the body at the time of death. It is fascinating to consider that living mass has a bigger weight than the same mass when no longer alive. It seems like life energy which is spread throughout in the entire universal space, like the hypothetical ether we discussed earlier, is exceptionally concentrated in a living organism and this in some way causes an additional measureable living mass. Perhaps, within living organisms this life energy might be “the information bridge” between the mathematical universe and the material universe.

consciousness → mathematical universe → life energy → material universe

The evolution of life is a part of the cosmic dynamic; life is not an accident, but a strict legality. Throughout the universe matter has a tendency to develop into living organisms, which have the intellect and potential consciousness. Biology during the twentieth century misinterpreted evolution as a result of random mutations and the struggle for existence. My understanding is

that the evolution of life is an integral part of the greater cyclical phases of the universe in which matter evolves towards consciousness. Life is a cosmic phenomenon and cannot be fully understood from the geocentric and anthropomorphic point of view. Astronomical observations confirm that the organic molecules, which are essential for the development of life, are distributed throughout the whole of universal space. On all planets similar to our life is developing towards intelligent and conscious organisms. Surely we are not alone in the universe, it is possible that foreign civilizations are visiting us and exploring our planet. According to their criteria we are in fact a civilization compromised by self-destruction.

Understanding the evolution of life as a cosmic process will allow us to accept potential alien civilizations who visit us as our “universal brothers and sisters.” All civilizations in the universe surely have a similar evolutionary cycle to our own: the development of emotions, thoughts and speech, the development of logical thinking and the understanding that we are not only the mind and body, but also consciousness and finally the experiential exploration of consciousness.

By meditation man activates genes of compassion and peacefulness and can deepen in consciousness. Cosmic evolution forces us to grow from a “personal dimension” in consciousness. Consciousness is always present, only we are largely encapsulated within our minds, and therefore we do not perceive it. With regular observation of the mind we awaken into true consciousness. The cosmic game requires our full responsibility for our personal development and for the development of our civilization. We think we do, however, we do not have free will, in a sense, to be able to freely decide based upon egoistic desires. We need to decide through our inner contact with consciousness. Western civilization conceives of freedom as an option of the ego, a vehicle to realize all of our ideas. We do not understand that “liberation” means sinking of the ego in consciousness. “Liberated man” becomes an instrument through which consciousness acts and expresses itself.

A cosmological model of universe in dynamic equilibrium (UDE) allows you to connect science and social science in a truly “holistic” science, where all events are described within a single model. I wrote a book titled “Cosmic Anthropology” with the Italian physicist, Fiscaletti. In this book we presented the possibility of an integrated approach to the study of humans and human society as components of the universe. The book was met with some acclaim, yet sociologists, psychologists and anthropologists prefer to stick to the old secure known and trodden path of the “geocentric approach”. I would argue that social science without a holistic connection to cosmology is like perceiving the Earth as a flatland surrounded by a nimbus of starry sky.

At this juncture in time, with the issues on our planet being of a critical nature, it behooves science to wake up and replace its fractured and partial approaches and viewpoints, with more holistic and globally scaled models and views on life. Partial science does not lead to development it is too easy to get lost in the labyrinths of its peculiarities. Solutions to the current problems of society today are going to be found in a new integrated view of man, life and the universe. Hunger, economic exploitation, war, and pollution can be resolved with the systematic awakening of consciousness in humans. Intellect without consciousness is like a boat without a proper rudder. The educational system throughout the world must offer an education in the awakening of consciousness, not just the development of the intellect.

A man with awakened consciousness has a changed attitude toward themselves as well as toward his fellow human beings and nature. Awakened man is beyond the concept simple self “survival”, which continues to be the core on-going and fundamental problem of humanity because we as a whole still play a game of “subsistence”. There is enough abundance on this planet for all people’s needs to be met. It is only fair and right that we learn to share the good of the naturally occurring and created abundance. When we live in a “me-first, self-survival mode” a minority of people generate and accumulate wealth thinking that this acquisition of money equals security. They do not realize that we are ALL inhabitants of this same one planet Earth; we are all literally on the same boat. If and when financial systems and networks are dismembered, it will be their money that becomes nothing more than plain paper. The only solution to today’s ecological and economic crises is an enlightened man who does not act out of fear of death, but rather acts from a natural and abundant joy of life.

“Profit” is the most sophisticated and destructive concept in human society, because within universe and nature energy runs in closed circles. There is no inflation and no devaluation. In the universe the total value of energy, is always the same. Financial inflation is the result of unfair enrichment of stock market speculators, who create “fictional capital”, which was not truly obtained. To make their unfairly obtained money have increased value, they decrease the value of the money as a whole. This is inflation simply put.

Really, money is basically a medium of energy exchange. The energy flow of today’s money is sucked by many leeches who have depleted society for their own personal gain. The legal system mainly protects the big economic players doing their crimes. Politics, the judiciary and the economy are closely linked and work incestuously for their own interests, which often are not in the interest of people and nature. All this happens because of a weak connection between humans and consciousness.

Truly this is a great cosmic game not simply a pursuit of survival and subsistence. In the true cosmic game man can become dedicated to authentic fortune, one of consciousness. However, to be able to truly live and flourish, he must accept the cosmic game, namely to surrender the smaller egoic self and to become one with the greater cosmic consciousness. Consciousness is your center, the source of your real willpower, creativity and love!

7.2. How to diminish disorder of human society

Human society is a subsystem of nature and the universe. Evolutionary theory says life evolved in the sea. In cosmological model of the **UDE** (the **u**niverse in a **d**ynamic **e**quilibrium) the source of life and mankind is the universe itself. In this cosmic anthropology there is no room for the ideas of God as the creator of the universe and man. In 20th century we still lived in the world of belief and the longing, grasping and searching for help from God. In the 21st century the responsibility is entirely on us. The idea of “God” is dead. Consciousness is already operating in us: It is time that we allow consciousness express itself fully. What is the problem with today's society? From the perspective of the awakened observer/consciousness, there really is only one problem at work in the world today and that is that mankind is still working from the ego/personal level grounded in the mindset of the separate self, its fear of death and fights for survival, and in general a perceived dualistic reality. We still experience people with different beliefs, members of other nations and differing skin colors as our animal opponents, as people who are dangerous and to be feared, and thus they are people who must be destroyed to ensure our own survival.

True fraternity between nations and between people of various cultures cannot yet succeed simply because we believe we are too different and we believe that because of those differences we cannot authentically connect and live together in harmony. A classic example of this phenomenon is the last Balkan war in the 1990s, when there was fighting between Orthodox Serbs, Catholic Croats and Muslim factions. Before the war there were thousands of mixed marriages, people lived in relative peace and prosperity. Some politicians/psychopaths have managed to divide people, destroy the possibility of friendship, to stimulate the animalistic fight or flight fears in people and initiate a four-year-long war, the end result being the Balkans have been torn apart on many levels. If the people in the Balkans were more aligned with consciousness, they would imprison those few politicians/psychopaths in the proverbial madhouse and go on to live and abide in peace.

When a man discovers consciousness he can then become truly independent. He can ethically and adroitly command a company or country because the foundation of his functioning is

consciousness itself. The awakening of consciousness in mankind will radically alter the state and social structures that we use. We will be less reliant upon laws and there will be reduced focus on the enacting and enforcing of laws. There will be greater peace in general. Money will return to its more basic, primary and original function which is the simple exchange of resources. It is time that those who hold the reins of power to start to sincerely stand up and out from the sad geopolitical game in an effort to deliberately speed up the global awakening of consciousness in mankind. In doing so, they can live both effectually and honorably. If politicians simply sit by, and maintain the status quo, I predict that soon people will forcibly throw them out of office.

The question is not simply whether capitalism better than communism. The question is rather, how can we create an economy or a company that will operate in accordance with cosmic law? The individual is the basic unit or building block of society. With the awakening of consciousness of an individual, a conscious channel is created through which consciousness can work to transform society. Using the jargon of physics, we might say, that with deliberate awareness of the individual we can reduce overall social entropy. This will then be reflected in a diminishment of waste, traffic accidents, chronic disease and illicit crime. The reality that in the world's greatest developed countries today, we spend precious potable fresh water to swish our commodes clean is a simple and grave sign that humanity needs to wake up. I live on a farm, where we use a composting toilet. With our waste we enrich the soil; we do not have sewage systems.

Currently the disorder (entropy) of modern society is greater than the disorder of the ground of nature, the medium of existence, which supports that society. The modest goal of sustainable development is to reduce the social disorder to commensurate levels on par with the natural level of entropy found in nature. Unfortunately, the leaders of the sustainable development movement have not come to a consensus that the experiential consciousness research is the keystone to making this all happen.

Today, there is a lot of talk about the integration of various religions and cultures, but in the final analysis, individuals continue to remain rooted in their own beliefs and ideas. People fail to see that the common denominator of all religions and cultures is consciousness.

Many new beginning participants to a religion have deep experiences of consciousness; all the great scientific discoveries and artistic achievements are inspiration that comes from the depths of consciousness. The 21st century can be a time when we say goodbye to our dwarfish egoisms and dive head-first into infinite consciousness, which is the basic thread in the fabric of the universe and which will also be the primary thread of conscious society.

*The more you tune with consciousness
smaller is traffic of thoughts and emotions
you melt in peace and true happiness.
Do not give much attention to the clouds
your real nature is beyond the sky.*



Magic view from the place where this book was written

Main publications:

Articles published in Physics Essays www.physicsessays.org by Amrit Srečko Šorli and his colleagues.

Physics Essays has been established as an international journal dedicated to theoretical and experimental aspects of fundamental problems in Physics and, generally, to the advancement of basic knowledge of Physics.

1. New insights into Gödel's universe without time (2013)
2. Special theory of relativity in a three-dimensional Euclidean space (2012)

3. New insights into the special theory of relativity (2011)
4. Replacing time with numerical order of material change resolves Zeno problem of motion (2011)
5. Time is a measuring system derived from the light speed (2010)
6. Nonlocality and the symmetrized quantum potential (2008)

Other publications and bibliography:

<http://izumbib.izum.si/bibliografije/Y20130603162443-91689.html>

Links:

YOUTUBE: <http://www.youtube.com/user/TimeEinstein>

RESEARCH GATE: http://www.researchgate.net/profile/Amrit_Sorli/?ev=hdr_xprf

TWITTER: <https://twitter.com/sreckosorli>

FACEBOOK: http://www.facebook.com/amrit.sorli?ref=tn_tnmn

For information about my seminars on Experiential Consciousness Research (ECR) write me on address: amrit.ecr@gmail.com