

Article

Investigation of Consciousness Creating Physical Reality

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Abstract

The hypothesis that consciousness creates physical reality is investigated. The link of consciousness, internal excellence, conditioning of space, and manifestation of physical reality are probed. The phenomenon of the appearance of orbs is investigated and several published examples of materialization of conscious intention are cited by way of corroboration. The ideas presented might hold tremendous potential for solving many problems facing humanity.

Keywords: Six sigma, internal excellence, consciousness, conditioning of space, physical reality.

Consciousness + *Object of Creation* → *Physical Reality*

Introduction

On the web there is a remark attributed to Nikola Tesla which reads: *The day science begins to study non-physical phenomena it will make more progress in one decade than in all the centuries of its existence.* After interacting with Swami Vivekananda in 1893, Nikola Tesla is also said to have remarked, *if you wish to understand the universe, think of energy, frequency, vibrations.* Amanda Gefter and Jim Kowall have done just that and have solved the mystery of how the universe was created from nothing and what the nature of that nothingness is. Amanda Gefter showed that, ultimately, nothing is real (Gefter, 2014), and Jim Kowall presented the rationale for why the nature of that nothingness cannot be anything else but consciousness (Kowall, 2015). Let us call it universal consciousness. Their work shows that consciousness of the void created the manifest universe. Kowall's work and the experiments of several other scientists also suggests that everything is connected to everything else and that an individual's consciousness is a microcosm of the universal consciousness. This being so, it should be possible for the individual's consciousness to create physical reality as well.

Stanford University Emeritus Professor W. A. "Bill" Tiller has shown that physical reality can be created by conditioning the space and then introducing a specific intention (Tiller, 2007). The conditioning of space was accomplished by a group of four or five experienced meditators. There is ample evidence meditation elevates the level of consciousness or, equivalently, the level of

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internal excellence (Deshpande, 2015(a), Deshpande and Kowall, 2015(b)). This means the conditioning of space requires an adequately high level of consciousness. As an illustration, the Tiller team conducted experiments showing that they could raise the pH of water by 1 unit without the addition of any chemicals. The team replicated their results in several laboratories in Europe and America. The author collaborated with a group of five meditators under the guidance of a Louisville-based friend Dr. Rebecca Martin, and following Bill Tiller's procedure, imprinted the Intention Host Device purchased from the Tiller Foundation with the intention of raising the pH of distilled water by 1 unit. The author then brought the IIHD home, placed it near a beaker of distilled water and plugged it into an electrical socket. The pH of water was monitored for several weeks. The measured value of pH did indeed change, first dipping to a low level as water equilibrated with the surrounding air and then increased towards the desired value (Deshpande et al., 2014). However, the trajectory of the change observed in Louisville did not match the Tiller results. It may be speculated that the conditioning of space may have been inadequate. Still there is nothing in known science that explains why the pH should change at all after reaching equilibrium with the surrounding air.

As further illustration, the author published a case study of materialization of intentions in which a group of six meditators in Pune, India, collaborating with the author, could lift from the ground from a cross-legged sitting position with very little spring action (Deshpande, 2014). The process also involved conditioning of space with a specific meditation practice and introducing the intention of becoming "light as cotton" at the appropriate point in the session. Research at the Institute for HeartMath serves as another corroborating example. Here, researchers showed that they could wind or unwind a strand of living DNA placed in a beaker several feet away with heart-focused intention (McCraty, Atkinson, and Tomasino, 2003). This paper addresses the subject of orbs and proposes that they too are a case of consciousness creating physical reality.

What are Orbs?

According to Wikipedia, the term *orb* describes an unexpected, typically circular artifact that occurs in flash photography—sometimes with trails indicating motion—especially common with modern compact and ultra-compact digital cameras. Many investigators have attempted to explain the phenomena ranging from "it is an artifact of flash photography" to "it is a paranormal phenomenon". The problem for investigators has been that the orbs occur only sometimes and they might be an artifact of flash photography and digital cameras. Figure 1(a) depicts an orb atop the Buddha relics (Manek and Tiller, 2012) while Figure 1(b) shows an orb captured by Kim Kalkstein referenced in the next paragraph with her digital camera.

Orbs are Creation of Consciousness

The hypothesis orbs are the creation of conscious intention is explained in the following paragraphs with the help of a real-life story: The author met Rebecca Martin, mentioned earlier, and her followers Kimberly "Kim" Kalkstein (shown in Figure 2) and others five years ago. Rebecca is a wonderful lady in her mid-seventies and makes her home in Louisville, Kentucky. She holds a PhD in Psychology and conducts training programs in Tai Chi, meditation, chanting,

etc. She and some of her followers have visited India several times. Dr. Martin had kindly agreed to let the author conduct scientific experiments during her sessions. One of these experiments involved the pH experiment cited earlier.



Figure 1(a). An Orb Atop Buddha Relics
(Source, Manek and Tiller, 2012)



Figure 1(b). An Orb – Kim’s Camera
(Courtesy, Dr. Rebecca Martin)



Figure 2. Rebecca Martin (Left) and Kim Kalkstein

Some four years ago, Dr. Martin shared her experiences with the orbs. She showed the author a book on the orbs which contained numerous color photographs of the orbs (Heinemann, 2010). She also showed the author many photographs of the orbs that Kim had taken during their meditation and Tai Chi sessions. It was clear both were fascinated with the orbs. Until that time the author had never heard of orbs and didn’t know what all this meant. Still, the phenomena appeared interesting enough to warrant further scrutiny. At the time, Kim was using a Nikon digital camera (Model Coolpix S5). In a couple of these sessions where the author was present, Kim clicked a number of photographs with her camera. Figures 3 and 4 below show some of these photographs which contained the orbs. Kim subsequently attempted to capture the orbs with the author’s iPhone camera but no orbs appeared in these photographs. The doubt arose, was the appearance of orbs an artifact of the specific camera Kim used? Kim recently acquired an iPhone and was kind enough to share a short video clip taken at her home with her iPhone

camera. An orb in motion is clearly seen and therefore it is not the type of camera that is responsible for capturing the orbs (Kalkstein, 2015). Furthermore, Kim stated to the author, *I have seen the orbs with a naked eye four times.*

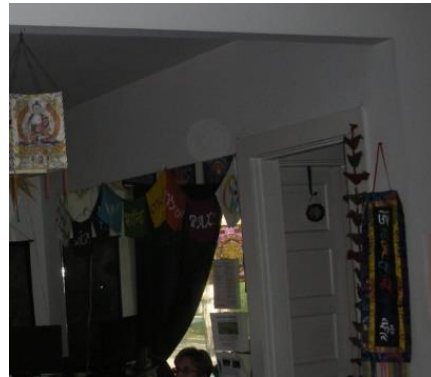


Figure 3. Photos from Session 1 (April 2013)
(Photo at the top was taken at start – No Orbs)



Figure 4. Photos from Session 2 (April 2013)
(Photo at the top was taken at start – No Orbs)

The foregoing experiences permit the author to offer a hypothesis: The phenomena of orbs has been deeply embedded in the consciousness of Dr. Martin, Kim, and her followers. So, when the group gets together for a session of Tai Chi, meditation, or chanting, the orbs make an appearance triggered by an intention, however subtle. The fact orbs have appeared may be an indication that their practices together with their level of internal excellence have conditioned the space. Orbs are a phenomena of light, energy, vibrations, and frequency, and their appearance may not be violating any laws of nature or else their manifestation would not have been possible. In this connection, the following excerpt from the conversation between two Nobel laureates, Albert Einstein (Physics) and Rabindranath Tagore (Literature), provides an interesting perspective: (<http://www.brainpickings.org/2012/04/27/when-einstein-met-tagore/>).

EINSTEIN: *Even in our everyday life we feel compelled to ascribe a reality independent of man to the objects we use. We do this to connect the experiences of our senses in a reasonable way. For instance, if nobody is in this house, yet that table remains where it is.*

TAGORE: *Yes, it remains outside the individual mind, but not the universal mind. The table which I perceive is perceptible by the same kind of consciousness which I possess.*

There is also evidence that our consciousness knows things we ourselves are not aware of. Finish medical researchers recently published the results of an interesting investigation in the *Proceedings of the National Academy of Sciences-US* for which they recruited 701 participants of West European and East Asian descent and asked them to color a silhouette of an individual that most closely linked to a specific emotion. One does not expect that this exercise would have given rise to any discernable patterns on the silhouettes. However, this is not what happened. Figure 5 presents a sampling of their results. Notice the definite color patterns for each specific emotion. It is as though our consciousness knows things we ourselves are not aware of.

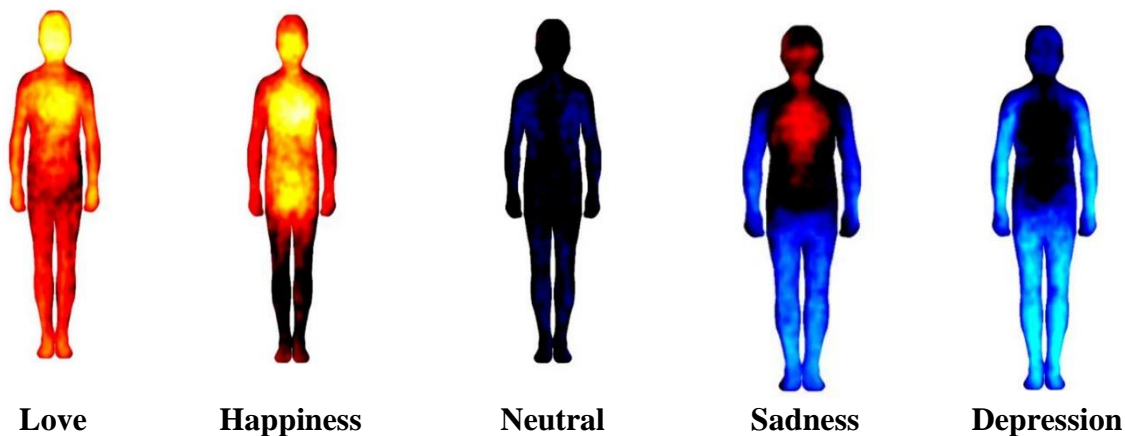


Figure 5. 701 Subjects Color Emotions on the Silhouettes
(With Permission from Nummenmaa, et al., 2014)

Six Sigma Scrutiny

Six sigma is the appropriate framework with which to scrutinize the phenomena of orbs. Six sigma was co-created by Dr. Mikel J. Harry at Motorola for optimizing static processes and transactions (Harry and Lawson, 1992). The author later extended the applicability of six sigma to dynamic processes with the help of advanced control and optimization concepts (Deshpande and Tantalean, 2009). Six sigma is a systemic methodology, meaning it is based solely on input-output data. Fundamental approaches to problem solving should always be preferred but when detailed fundamental knowledge of the system under scrutiny is unavailable, six sigma is the appropriate choice. Such is the case with human consciousness, the level of internal excellence.

Readers are encouraged to conduct their own experiments, however, attempts to replicate the results will be met with varying degrees of success and that is problematic for science. Six sigma ascribes this variation to common cause variability due to unknown and uncontrollable causes. These unknown and uncontrollable causes arise from two sources: Those inherited from ancestors and, second, those created by an individual's own actions. Furthermore, each of the 6 ½ billion individuals on Earth is a self-regulated, nonlinear, and evolving being meaning that his or her characteristics change with advancing age. For these reasons, the level of consciousness, internal excellence, varies from one individual to the next. For the wherewithal of what, why, and how of the science of internal excellence, the reader is referred to Deshpande and Kowall (2015). The ideas therein provide a path forward for progress.

Significance

Evidence of materialization of intentions is mounting and just as Tesla had suggested, the implications for science and humanity could be profound. In the author's view, the three most significant problems facing humanity are: (1) An inadequate level of internal excellence, (2) An inadequate level of external excellence, and (3) Energy. The author's work suggests that all three are correlated. Researchers already working in the area of renewable energy may well be able to discover the knowledge for harnessing it by complimenting their pursuit with the science and practices of internal excellence and the ideas in this paper.

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