

The background of the book cover is a photograph of a clear blue sky with a few wispy white clouds near the horizon. The bottom portion of the image shows the dark silhouettes of trees and the rooflines of houses, suggesting a rural or field setting.

Playing in the Mind Field

Volume 1: Life in the Field

by Alex Bennet

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We can realize that humanity is operating on a unified field of dreams, and we can rejoice that the field is a playing field, not a battlefield.

-Bruce Lipton¹

QUANTUM INTELLIGENCE FIELD

*All that you will ever know
And all that you will ever be
Is in the Akashic field
For the intuitive to see.*

*From the very beginning
With every living entity
Accumulated knowledge
Becoming our identity.*

*Beyond the physical world
The prophets and visionaries
Gain cosmic intelligence
Becoming great luminaries.*

*Through evolved meditation
The peaceful mind can yield
A transcendent consciousness,
A Quantum Intelligence Field.*

-Cindy Lee Scott²

Preface

Increasingly the passion of humankind is to know our connectedness—how and how deeply we are interconnected. This reaching of our individual and shared consciousness rises from the eternal nature of our being. The intelligence within us hears the echoes of wisdom across the ages ... the prophets, the philosophers, the spiritual voices of kindred souls, all touch our knowing. And now the sciences illuminate what we feel, and the quest for the unity of our consciousness envelopes us. As we learn more, there is a pulsing in the core of our being that also beckons toward our shared existence. We are on a consciousness quest that reaches within us and outward to all of us.

How many times have we wondered what it's all about, what WE are all about? So often that monkey chatter in my head pops in—at the weirdest times—with questions like *Why am I here? How is all this connected? What is consciousness? Can one person really make a difference in the world?* And so on. Add those specific questions popping up in YOUR head to this list.

So, we search for answers, maybe not consciously, but certainly the unconscious searching for answers is continuous. *Why does that happen?* (Whoops! More

monkey chatter coming in.) But maybe we can answer *that* question. One reason is that making meaning of things is the role of the mind/brain, with some 70% or so of that happening in the unconscious.

The little books in the conscious look book series dabble in the search for answers as they touch the entangled mesh of life and living. And while each person's answers are found within, these little books connect ideas that just might trigger some of those answers within YOU. The human gift of humility helps us to be receptive to that possibility.

The Gift of Humility

For the optimum learning experience, it is best to approach new ideas with a sense of humility, which is a human quality that bangs up against the enlarged ego and arrogance that often accompanies accelerated mental development. Egotism ("I am right") closes the door to learning, and arrogance ("I am right. You are wrong. And I'm not listening") builds forces that can lock that door.

In humility we become living souls, living in the open-mindedness of the soul itself, where it sees all ideas, all people, all thought as having a relevance and importance. We're here to help others think better in our eternal search for greater truth.

But what exactly is humility? At the individual level, that means having an accurate view of yourself—neither too high nor too low, knowing your strengths and abilities as well as your weaknesses and limitations, and being honest about these to yourself and others. At the interpersonal level, this means having an other-oriented approach to life rather than a self-focus, including development of empathy, knowing the needs and wants of others, and taking those into consideration in your decisions and actions.³

The learning power of humility crosses every aspect of life. In a 2018-2019 research study involving 176 responders representing all age groups, 58% female and 42% male, born in 14 different countries and claiming heritage from 34 different countries, **95% recognized the value of humility in learning and said they believed that humility is valuable when engaging others.**⁴ They also agreed that this is not an easy thing to accomplish.

One approach to learning is to more fully understand the characteristics that are compatible with humility and the characteristics that are counter to humility, providing each of us the opportunity to reflect on our own thoughts and actions in different situations. So, dozens of references in the areas of philosophy, religion, psychology, spirituality, leadership and management were explored to look at the contrasts of

opposites in terms of humility, offering a tool for self-reflection. See Table 1.

Table: Characteristics compatible with, and counter to, humility.⁵

	Characteristics compatible with humility	Characteristics counter to humility
1	Willing to listen; Good listener; Honor and seek truth; Unnecessary to receive rewards for right actions	On broadcast; Talking too much; Voicing/pushing preferences or opinions when not asked; Bragging; Boasting; Using attention-getting tactics; Ostentatious
2	Receptive to difference and new ways of thinking; Having a teachable spirit	Arrogant; “What I have to say is more important”; Inflated view of importance, gifts and abilities; “I’m better than others”; Unteachable.
3	Honor others; Serve others; Focus on others in service; Others over self	Selfishly ambitious; Greedy; Lack of service; Serve me; Meet my needs
4	Seek input and perspectives of others; Seek and follow good counsel; Thankful to others for criticism and reproof; Quickness in admitting you are wrong; Repenting wrong actions	Defensive of criticism; Devastated or angered by criticism; Dismiss instruction or correction
5	Honest/open about who you are and areas you need growth; Awareness of faults; Openly address	Perfectionism; Hide faults; Minimizing own shortcomings; Lack of admitting when you are

	faults; No need to elevate self; Seeing yourself and others as equals; Seeking to build others up; Minimizing other's wrong doings/ shortcomings	wrong; Defensive; Blame-shifting; Being deceitful by covering up faults and mistakes
6	Gladly submissive and obedient to those in authority	Resisting authority or being disrespectful; Leveling of those in authority; Demeaning; Being sarcastic, hurtful or degrading
7	Gentle and patient; Gratitude; Thankful and grateful to Life; Genuinely glad for others	Scornful; Angry; Contemptuous; Impatient or irritable; Jealous or envious; Lack of compassion
8	Accurate view of your gifts and abilities	Victim complex; Poor me; Focus on lack of gifts and abilities; Complaining; Consumed by what others think of you
9	Possessing close relationships; Recognize value in others; Willingness to ask forgiveness; Talking about others only good or for their good	Not having close relationships; Passing judgment; Using others; Ignoring others; Talking negative about others; Gossiping; Lack of forgiveness
10	Strong, yet flexible	Willful; Stubborn
11	Theocentric; Recognition of being part of larger ecosystem; Realizing higher power	Anthropocentric; Exalts self; or "He is here for me"

A second approach is the *conscious choice* of humility. The following exercise was developed for a conscious look book on the humanness of humility, which is Volume 20 of *The Possibilities that are YOU!* series.

Exercise: Choosing HUMILITY⁶

STEP (1): To develop humility, first *open your mind* to accept that, by nature, at this point of development human beings have egos and desires, both of which can have strong emotional tags connected to them. It can be quite difficult for an individual to recognize egotism and arrogance in themselves. Remember, the personality, not the self, is often in control, so the individual may or may not be aware of their projection or position. This is potentially true of the individual with whom you are interacting, as well as yourself.

STEP (2): Second, *assume the other is right*. Set aside personal opinions and beliefs for the moment, accept what is being said, this idea or concept, and reflect on this new perspective in the search for truth. While this may prove quite difficult for an individual who is highly dependent on ego and arrogance to survive in what can be a challenging world, almost every individual has someone or something they love more than themselves. Try imagining that this new idea is coming from that someone, or emerging from that something, that you love. This simple trick will help increase your ability to engage humility.

STEP (3): Adopting this new idea or concept, *try to prove it is right*, pulling up as many examples as you can and testing the logic of it. If all the examples you can pull up fit

this new perspective, then you have discovered some level of truth. If the examples contradict the concept, then bring in your ideas and test the logic of those. Again, if the examples do not all fit, continue your search for a bigger concept that conveys a *higher level of truth*. The critical element in this learning approach is giving up your past way of thinking so that you can understand thoughts different than your own. You can compare the various concepts, asking which is more complete.

One issue that may emerge is the inclination for people to think how they feel first, then think about the logical part to determine truth. The “feeling” has already colored their higher conceptual thinking, which may result in it being untrue. It is necessary for us to develop a new sense of self that does not require us to be right in order to feel good about our thinking.

STEP (4): Once we come to a conclusion, we need to ***take action***. It is time to affirm our incorrectness to those with whom we have potentially lacked humility, to acknowledge the value of other’s ideas, and to show gratitude for them sharing their thoughts with us. Note that the expression of appreciation and gratitude reduces forces. It is not enough to say that you were wrong, *nor is that an important issue*. What *is* important is to acknowledge that someone else is right, or that their thought adds value even if you disagree with it, and that you are appreciative of learning from them.

STEP (5): Finally, ***ensure that your motive for adopting humility is your search for truth***. Motive eventually comes out, and the wrong motive will defeat the purpose in hand. In this search for truth, you are using mental discipline to develop greater wisdom. It is difficult to overcome the urge

to “look good” and to be “more” right than others. When we are “full” there is no room for new thought. When choosing humility as part of our learning journey, we discover that it is not about being right, rather it is about the continuous search for a higher truth.

* * * * *

As you move through this conscious look book, you may discover ideas and explanations you have not heard before that can change your life. The time is now. We as souls have all chosen to be here in these challenging times of transition. We invite you to be an active participant in this process, both as an individual and as part of the larger community of humanity, co-creating a better world for all of life.

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1. Patterns in Nature

Nature repeats patterns at various levels, building multidimensional patterns of iterated cells. All the mineral substances that are part of the Earth's crust can be described by the Platonic solids, five shapes that each have equal faces, lines and angles (symmetry). These are the tetrahedron (4 triangles), the cube (6 squares), the octahedron (8 triangles), the dodecahedron (12 pentagons) and the icosahedron (20 triangles). These five simple shapes are a template for all three-dimensional forms in the Universe.

And while philosophical discussions and scientific theories were many, it wasn't until 1975—and it pains me to think that many of you avid readers were just being born about then!—that Benoit Mandelbrot, a mathematician working for IBM, observed the presence of repeating patterns within the complexity of fractal images. This concept of repeating patterns, or iteration, is much like Russian nesting dolls. Mandelbrot explored and discovered iteration in “seemingly separate entities, from the shapes of coastlines to plants, blood vessels, human pursuits, music, architecture, even stock markets and clustering of galaxies.”⁷

Through mathematical analysis, Mandelbrot demonstrated that, no matter how chaotic it appears, there is an underlying order to everything in our Universe! He called the underlying patterns *fractals* and concluded that the appearance of disorder is

merely a *function of limits of perception*.⁸ This was the beginning of fractal geometry, which revealed the design principle of Nature. This also demonstrates a human paradox, that man is simultaneously subservient to nature at the material level while possessing a unique liberty, freedom of choice and action. “Man is part of nature—he exists in nature—and yet is able to transcend nature.”⁹

It is interesting that Benoit used mathematics to figure all that out. Numbers lend themselves well to the creation of patterns. *We use numbers to create grand designs for exploring our Universe*, and the binary system was the beginning of our computing age! As the Broadway drama critic Brendan Gill said in relation to time:

When it comes to dealing with time—a mystery whose nature remains largely inaccessible to us—we try to accommodate to the mystery by forcing patterns of numbers upon it. We divide it into units of measurement, such as seconds, minutes, hours, days, weeks, months, years, and decades, that give it the appearance of partaking of some Grand Design, useful to us for the planting of crops, the keeping of records, and the prediction of things to come. But we have no proof that any such Grand Design exists outside our sense ...”¹⁰

At least from our limited perception, since we have not yet discovered the larger mysteries of time,

we impose patterns of numbers for planning purposes to help us navigate time. However, these patterns ARE based on cycles emerging from nature.

Symmetry

Symmetry is proportional or balanced harmony, and is tightly linked with the concept of beauty. It is the exact correspondence of form on opposite sides of a centerline or point.¹¹ As Weyl says, "Symmetry, as wide or as narrow as you may define its meaning, is one idea by which many through the ages have tried to comprehend and create order, beauty, and perfection."¹² As order, beauty and perfection, symmetry moves far beyond the idea of art, and is woven into the disciplines of mathematics and physics, architecture and building, and many other fields where categorization and classification are involved. The principles of symmetry penetrate every level of life.¹³

Wade says that symmetry is simultaneously a *mundane and mysterious* area of study. He offers that, "In itself symmetry is unlimited ... symmetry principles are characterized by a quietude, a stillness that is somehow beyond the bustling world; yet, in one way or another, they are almost always involved with transformation, or disturbance, or movement."¹⁴

Two common characteristics of symmetry are *congruence* and *periodicity*. Congruence refers to

similar patterns and periodicity refers to regularly repeating patterns. Two different aspects of congruence are rotation and reflection. For example, a simple rotation occurs when a pattern is laid out in a circle around a central point. Symmetries abound in our everyday lives. For example, in a butterfly's wings or the patterns in a quilt.

Amazingly, four fundamental features can be used to describe any symmetrical pattern! As Conway and Burgiel note, "It is a remarkable fact that wonders, gyrations, kaleidoscopes and mirrors suffice to describe all the symmetries of any pattern whatsoever."¹⁵ Let's explore that a bit more. Gyrations have repeating points around a circle; kaleidoscopes are symmetries defined by reflections; miracles occur when a pattern from one side is reflected by a pattern on the other side but does *not* go through a mirror line; and wonders are patterns that don't present the other three aspects, sort of a "catch all the rest" kind of category. Ah! Since "wonders" can include anything that doesn't fit into the gyrations, kaleidoscopes and miracles categories, no wonder there are only four categories! (A little humor.)

Which brings us to a discussion of *infinite symmetry*. The idea of infinite symmetry is appealing. This would insinuate that we know much more about the Universe than we know that we know. A popular saying in spiritual circles is, "As above, so below"

which also says, "As below, so above." This means that if we can understand the models of life within *our* context, we have the keys to understanding higher-order patterns *beyond* our cognizance.

While sounding like a paradox, as we discover more and more about the human mind/brain, and as we touch the thought of quantum, the idea of infinite symmetry opens the doors to expanding our understanding of the Universe.

Symbolic Representation

As introduced above, symmetry plays an important role in patterns and in the physical world. Nature is fond of doing things in the *most economical and efficient way*. As short forms of larger patterns, symbols help facilitate thinking about symmetry, and can help us recognize simpler solutions to issues and situations. This is the basis of a Knowledge Capacity called Symbolic Representation.¹⁶ Representations in terms of words and visuals are tools of the trade for facilitating common understanding.

The mind/brain does not store exact replicas of past events or memories. Rather, it stores invariant representations that color the meaning or essence of incoming information.¹⁷ There is a hierarchy of information where hierarchy represents "an order of some complexity, in which the elements are distributed

along the gradient of importance.”¹⁸ This hierarchy of information is analogous to the physical design of the neocortex, “a sheet of cells the size of a dinner napkin as thick as six business cards, where the connections between various regions give the whole thing a hierarchical structure.”¹⁹

Thus, once learned, the mind/brain can quickly associate with symbols which can represent large amounts of context and yet be immediately understood and interpreted. For example, a cross or menorah carries with it all the myths it represents. “It is an outward sign of an inward belief.”²⁰ As self, symbols are everywhere we look. Letters represent sounds, notes represent tones, pictures represent thoughts and beliefs, shapes of signs on the highway represent the context of rules, and so on.

Mathematics is built on hypotheses and relationships—that is, patterns, assumptions and relationships—that enable us with our mental activity to explore the larger Universe, discovering information and creating knowledge beyond the immediate grasp of our senses. As an example, remember Benoit’s discovery through mathematical analysis that there is an underlying order to everything in our Universe, which was detailed in Chapter 1.

We use symbols to organize our thoughts. For example, in human face-to-face interactions it has long been recognized that non-verbals and voicing (tone,

emphasis) can play a larger role in communication than the words that are exchanged. New patterns are emerging in social media that represent and convey these aspects of communication, helping provide the context and “feeling” for what is being said. In electronic communication, these symbols, or emogi, are small icons used to express a concept or emotion. For example, regardless of the social media platform, “:)” immediately conveys a smiley face, so much so that when these keystrokes are entered in MSWord followed by a space, they are immediately translated into “😊”. As social media has matured, these symbols have become patterns of patterns, well understood by practicing social networkers and quickly conveying the message they are sending.

Symbiotic Thinking

Throughout all our life experiences, humans are always looking for relationships among things—thoughts, events, happenings, and people. We are on a grand search for patterns, for creative association.²¹ In our attempt to understand the wholeness of a topic, we are usually led to the idea of systems thinking. This extension of cause-and-effect thinking shows us that effects provide a feedback loop into the next cause, helping us to understand that what we call an “effect” is actually *part* of the next “cause.” From the lens of symmetry, we move from *systems* thinking to *symbiotic* thinking when we realize that the very

concept of “cause” cannot *exist* without the concept of “effect.” This deeper relationship is not from causality, *but from existence.*

Would the concept of “day” exist if not also for the concept of “night?” Would we have a need for the term “summer” if not also for the term “winter?” In the physical Universe, we find that since there is such a thing as “matter” that there is also “antimatter.” The very existence of a thing or idea *requires* the existence of something else. Space cannot exist without objects, and objects must be enclosed by space. Does lightning just travel downward? With symbiotic thinking, we would understand that if there is a reaching down then there is also a reaching up, and indeed modern photography has captured the phenomenon of upward streamers.

As we develop our symbiotic thinking, we see that “supply and demand” is not just a single business concept, but two concepts where each exists because the other exists. We now view the old and new testaments of the Bible not as a contradiction but as a completion, since grace (new) cannot exist without law (old). And we begin to understand the nature of quantum physics, where two states must exist at the same time. For example, consider the famous thought experiment of Schrodinger's cat, which is both alive and dead. Things that don't make sense using systems thinking begin to make sense using symbiotic thinking.

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***INSIGHT:* Things that don't make sense using systems thinking begin to make sense using symbiotic thinking.**

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In our efforts towards co-creating the future, with symbiotic thinking there is reason to expect that **our individual ideas cannot exist without also a larger consciousness which seeks to incorporate our ideas.** The need to create cannot exist without the need to receive that which is created; and we begin to see that *there really is no creating without also co-creating.* Yet we also understand that we should expect a degree of resistance that may push against what we are creating.

Points Important to Our Focus

- **Nature repeats patterns** at various levels, building multidimensional patterns of iterated cells.
- Understanding lower-level patterns provides the context to understand higher-level patterns.
- As balanced harmony, symmetry permeates every level of life. Cause cannot exist without effect.
- **Nature is fond of doing things in the most economical and efficient way.**

- The human mind/brain stores information in invariant form, creating a hierarchy of information.
- **Symbols represent larger concepts** and help organize our thoughts.
- Man is within nature and still is able to transcend nature.
- We use numbers—which lend themselves well to the creation of patterns—to create grand designs for exploring our Universe.

2. The Field

Pretty much everyone who has given it much thought will agree that we live in some kind of a field, whether they prefer calling it an energy field, information field, consciousness field, quantum, God field, or any other of a myriad of descriptive terms. It is interesting that the names mentioned above specifically focus on the field from *different perspectives of what it is to be human*. Lynne McTaggart avoids this naming dilemma by simply calling it *The Field* as described in a powerful book by that name. We will go along with her approach.

We have long recognized that our Earth is surrounded by a *geomagnetic* field, which in turn has been called by dozens of names throughout history. For example, the French geologist/paleontologist Pierre Teilhard de Chardin called it a Noosphere, “a human sphere, a sphere of reflection, of conscious invention, of conscious soul”.²²

Scientists with other electromagnetic theories have used terms such as Electric Fields of Life (Harold Saxton Burr); Orchestrated Reduction or Orch-OR (Hameroff and Penrose); Electromagnetic Information Field (E. Roy John); Akashic or A-Field (Ervin Lászlo); Conscious Mental Field (Benjamin Libet); Quantum Brain Dynamics (Jibu and Yasue); Conscious Electromagnetic Information Field (Johnjoe

McFadden); Electromagnetic Consciousness Field (Michael Persinger); Electromagnetic Field (Susan Pickett); Electromagnetic Field Photon Theory (Hermes Romjin); Morphic Fields/Morphic Resonance (Rupert Sheldrake); and K*Space (William Tiller).

While that's a lot of different names, there is a clear connective thread in terms of energy, information, and consciousness. Let's explore these connections further.

From the physical perspective ...

Our human bodies—which are densified energy in form as matter—are literally complex energetic systems which are transformers of energy, not only continuously *receiving* energy from this Field, but also continuously *creating* energy and sending it into the Field. As physician Richard Gerber describes, “the biochemical molecules that make up the physical body are actually a form of vibrating energy.”²³ As part of the Field (using this simple name), in every instant of life there is an exchange of energies underway. An important concept forwarded here is that of vibration, which will come up again in our conversation.

As far back as the middle of the nineteenth century, the English scientist Michael Faraday, who studied electromagnetism and has become well known today by electromagnetic-sensitive people for his

“Faraday Cage”—believed that the space around the Field was the most important aspect of energy because of the influence of the force from each on the other. But in quantum language it is an exchange of energy that creates dynamic patterns in a continuous process of redistributing energy. “This constant exchange is an intrinsic property of particles, so that even real particles are nothing more than a little knot of energy which briefly emerges and disappears back into the underlying field.”²⁴

While Einstein’s theory of relativity shows that empty space is literally bursting with activity, it was Max Planck who proved that particles and the empty space around them could not be separated. (Proven by a 1911 experiment by Max Planck, a founding father of quantum theory.) This is at the root of symbiotic thinking introduced in the previous chapter.

Let’s pause for a moment as we consider the implications of this and reflect on the energy beings that we are. *We exist in the Field because of the space around us.* Scientist and educator William Collinge describes it this way:

When we think of our [embodied] anatomy, we ordinarily think of our bones, muscles, organs, and other physical tissues. However, we also have an energetic anatomy. It is composed of multiple, interacting energy fields that envelop and penetrate

*our physical body, govern its functioning, and extend out into the world around us. This anatomy serves as a vehicle for the circulation of vital energies that enliven and animate our lives.*²⁵

From the mental perspective ...

We begin with a discussion of information. The life journey starts with information. In living systems, the distribution of atoms and molecules is non-random. Theoretical biologist Tom Stonier—who spent much of his life developing a theory of information, the results of which are published in three volumes—proposed that “organization is the physical expression of a system containing information.”²⁶ Organization means the existence of a non-random pattern of particles and energy fields, or more generally, the sub-units comprising any system, such that

*the intricate organization of matter and energy which makes possible that phenomenon which we call life, is itself a product of the vast store of information contained within the system itself.*²⁷

From this, we begin to understand that information is a basic property of the Universe—as Tom Stonier says, as fundamental as matter and energy. The Universe is literally organized in a hierarchy of information levels. Recall our earlier discussion in

Chapter 1 of the hierarchy of information stored in the neocortex (as below, so above).

In the material world, organization can be observed in space and time as a physical phenomenon. Boltzmann, who was a thought leader in statistical mechanics, connected order/disorder changes in a system to visible changes in entropy,²⁸ which led Schrodinger to further explore the relationship of entropy and order in living systems.²⁹ This led to his reflection that “order” was the inverse of “disorder”, with “entropy” the level of randomness in a system denoting a gradual decline into disorder. Stonier took this thought further, noting that describing information entropy as a state of a system was far more than a metaphor. He discovered that *changes in entropy were consistent with changes in a system’s information content*. Further, he noted that “an increase in entropy measures an increase in the *absence* of information.”³⁰

Stonier saw many parallels between information and energy, seeing information as an intrinsic component in all physical systems, what could be defined as “potential energy”. An example of potential energy often used in textbooks is a pencil, which sits on the desk or stays in a drawer until another force is applied to it (you picking it up and writing with it). Then, the force (energy) you have exerted in the writing is turned into information, that which is written

on the paper. Consistent with this scenario, Stonier defined potential energy as “a state in which the *expenditure* of energy has resulted in an *increase* in the information content of the system.”³¹

Stonier also described the exponential growth of information based on the recursive properties of information systems. As he says:

*Organized systems exhibit resonances. Resonances lead to oscillations. Oscillations represent timed cycles during which changes may be introduced. Such changes may dampen or amplify the existing oscillations. Alternatively, they may create new resonances and excite new sets of oscillations. The more complex the system, the greater the likelihood of introducing changes into the system during any given cycle. Hence the exponential growth of information.*³²

This makes the relationship between information and entropy clear, which also plots the evolution of the universe. Where you have entropy approaching the infinite and information in a zero state, the Big Bang occurred. Then, as matter became more and more complex, moving toward biological systems, entropy moved toward the zero state. And here is where the phenomenon of intelligence (the emergence of consciousness) occurred, with systems capable of both organizing themselves *and* ordering their environment.

While we will not delve too much deeper into Stonier’s work—although we urge those who have the interest and energy to do so—it is important to our conversation to note that, just as energy and matter, energy and information are *interconvertible*. That means they can be exchanged one for the other, and that energy can be converted into either information *or* matter. Thus, the law of the conservation of energy can be expanded to read “in a closed system, what is conserved is the sum total of energy plus matter *plus* information.”

Limiting the Field

Thought can be defined as a series (more than one) of choices connected by their direction.³³ Because a thought is more than one choice, it is often perceived as occurring over time. Thought, then, has a level of organization, which is information. Using the quantum frame of reference, we recognize that energy and matter are indefinite (continuously being redistributed) such that thought affects energy.³⁴

Energy follows thought. The material world is an effect, not a cause. Change occurs from the inside out, whether in our self, our local environment, or in the Field. Thoughts and images generated within ourselves have a profound creative and motivating power in human consciousness, with the heart-mind (that’s thought and feelings related to that thought AND/OR

feelings and the thought related to those feelings) *controlling energy and building form*. Besant and Leadbeater called these “energy complexes on the subtle levels of reality that are analogous to physical things. They are forms made of emotional-mental matter.”³⁵ The word “subtle” refers to low intensity vibrations or frequencies, which can come from both the physical body (electromagnetic or quantum energies) or from the metaphysical (consciousness, thoughts and spiritual energies that transcend the physical).

These thought forms are sent out into the environment where they attract sympathetic vibrations, those vibrations that resonate with the thought and feelings being produced. This can be quite difficult to accept for those who suffer from the Cartesian dichotomy between matter and mind, and desire to bring everything to the physical level. However, even using that frame of reference, we now understand from neuroscience the power of the mind/brain—that our thoughts actually change the structure of the physical brain (as well as impacting all of our other human systems), and that the structure of the physical brain very much affects our thoughts.³⁶ (As below, so above.)

Remember our earlier reference to the Field in the context of quantum as a probability field. It is thought as information (creating frequency pulses) which

limits the Field (creating a subfield) and simultaneously alters the probability of that subfield. This makes sense when you reflect that when you make a choice in life there is a direction you head and a direction you do not head. Limits set boundaries, helping us focus and dig deeper into that upon which we are focused.

For example, models limit the field of the possible in order to focus on a concept, facilitate a deeper understanding of that concept, and provide a mechanism for communicating and sharing that concept, offering the potential of creative thought and new ideas. Thus, limits can actually expand possibilities in the specific direction of focus and attention. We also set limits (provide focus) through naming something and developing and refining descriptions and definitions.

Now, let's think in larger terms, that is, the relationship of living matter and the Field. By densifying and bounding energy, that is, energy taking on the form of matter, yet with the continuous exchange and redistribution of energy entangled with information, and the emergence of consciousness (which will be discussed in a later chapter), the larger Field has been limited. Yet, the unique thoughts and actions of that form interacting in an environment full of other forms with unique thoughts and actions, offers a tremendous opportunity for creating new thought and

action, which in turn is shared (in an informing Universe) across the larger Field, thus *expanding* the Field.

With that idea ringing between our ears, we move on to a discussion of the Field from the spiritual perspective.

From the spiritual perspective ...

From the unique viewpoint of what it is to be human, the term spiritual is taken to mean pertaining to the soul, or “standing in relationship to another based on matters of the soul.”³⁷ Soul represents the animating principle of human life in terms of thought and action, specifically focused on its moral aspects, the emotional part of human nature, and higher development of the mental faculties. From the philosophical aspect, it is the vital, sensitive or rational principle in human beings. Thus, by definition, the term spirituality—focused from and on the viewpoint of the human—encompasses both the emotional *and* mental, with a focus on moral aspects.

It is also noted that an alternative definition of spiritual is *of or pertaining to the intellect* (intellectual, the capacity for knowledge and understanding, the ability to think abstractly or profoundly) *and of the mind* (in terms of highly refined, sensitive, and not concerned with material things).

The term “God”, at least in monotheistic religions such as Christianity, can be described as the creator of the Universe, a supreme being with moral authority. Thus, spirituality—as the fourth core element of the holistic human—is conceptually consistent with the Field as a “God Field”.

In the life developmental journey, faith development, moral development, and consciousness expansion *are a related journey*. Belief and faith provide inner strength. At some level, every person grounds themselves through belief and faith. For example, we have a belief—about ourselves and our place in the world—and have faith that our belief is true. This is similar to how our ancient philosophers defined knowledge as “justified true belief”, a belief that has been proven true by acting on it and seeing the results.

From a positive viewpoint, a belief is *a feeling, a knowing* that something is good, right or valuable. It is a feeling of trust in the worth or ability of someone or something, and might even be considered a state or habit of mind in which trust or confidence is placed in some person or thing. Belief is also related to a conviction of the truth. Note that a conviction is both a feeling and a state or habit of mind.

Our beliefs heavily influence our mindset or frame of reference, the direction from which we perceive,

reflect, and comprehend an external experience or situation. Thus, beliefs influence how we interpret and feel about the information that comes into our senses, *what it means to us*, what insights we develop, what ideas we create, and what parts of the incoming information are most important to us.

As can be seen, beliefs and biology are not independent; they are intimately connected through the relationship of patterns of the mind and the physiology of the brain. And patterns of neuronal firings and changing synaptic strengths can, and do, create and release hormones that change the body ... very much based on thoughts and feelings. Thus, our beliefs affect every aspect of life.

In 2017 and 2020, the Mountain Quest Institute published a five-book set titled *The Profundity and Bifurcation of Change* built on the Intelligent Social Change Journey (ISCJ).⁴¹ The ISCJ is a developmental journey of the body, mind and heart, moving from the heaviness of cause-and-effect linear extrapolations, to the fluidity of co-evolving with our environment, to the lightness of breathing our thought and feelings into reality. Grounded in development of the mental faculties, these are phase changes, each building on and expanding previous learning in the movement toward intelligent activity (expanded consciousness).

Perhaps not so amazingly, there is a correlation between the three phases of the ISCJ; the six stages of faith-development forwarded by theologian James W. Fowler;⁴² the six stages of moral development identified by psychologist Lawrence Kohlberg;⁴³ and the levels of consciousness expansion explored by David Hawkins, with those levels ranging from 0 to 1,000.⁴⁴ These will be discussed in more detail later in this little book.

Similar to the ISCJ model, the faith-development and moral development models each have a hierarchical relationship, with each subsequent phase or stage reorganizing and integrating the preceding one. Let's briefly look at how these models and their stages link together.

The first faith stage is *intuitive-projective*, when a young child uses speech and symbols to organize experiences into meaning units. This is a fantasy-filled, imitative phase, prior to development of mental capabilities. It is in the second faith stage of *mythic-literal* where the ten-year-old, now capable of both inductive and deductive reasoning, constructs an orderly, linear and dependable world, primarily using story. In terms of moral development, we are now in the first stage, where there are consequences to actions, with power of authority and punishment. In turn, this is part of **Phase I of the ISCJ**, and, in consciousness development, we are moving through

the first 150 levels which include shame, guilt, apathy, grief, fear, desire, and anger.

In the third faith stage, there is both a reflection on self and movement into a social, conformist stage. Similarly, the second stage of moral development moves through conventional reasoning to the beginning of balancing self-interests with the interests of others, which, in stage three has an interpersonal relationship focus, seeking approval of significant others. At this level in the consciousness expansion journey, pride and courage are important.

Phase 2 of the ISCJ focuses on co-evolving, with social interaction and the individuated human working together. In faith development, we are in the fourth stage, what is called *individuating-reflective*, where the individual develops a system of meaning while incorporating others perspectives. In the moral development journey, we are in stage four, where rules have been internalized and are obeyed for their own sake rather than solely for the sake of others. At this stage, consciousness levels move through willingness and acceptance toward reason.

We are still in Phase 2 of the ISCJ but moving toward Phase 3 as we enter the fifth stage of faith development, a way of seeing, knowing and committing beyond logic, which includes seeing both sides of an issue simultaneously and recognizing the

interrelatedness of things. We have also entered stage five of moral development, considering each situation differently, developing rules and principles for good decision-making and behavior, and recognizing the need for flexibility and relativism in rules of behavior and protection of all individuals. In other words, there is not one answer, but many, such that we must use our learned discernment to choose the best course of action! On our consciousness journey, we have moved further into love, and an interest in spiritual awareness is emerging.

When we are firmly in **Phase 3 of the ISCJ**, the creative leap, with recognition of global Oneness and the development of compassion, we have entered the sixth stage of faith development. This is a *transcendent actuality of unconditional love and universal compassion*. There is a selfless passion to serve others and a desire to transform the world. This is also the sixth stage of moral development, where the person has individuated while simultaneously taking actions based on *universal moral principles*. This individual is able to accurately take the perspective of each person and group affected. In our consciousness expansion journey, we now move into joy and peace, and *the good of mankind becomes a primary goal*.

This close relationship of growth and expansion among moral development, faith development, consciousness expansion, and the human

developmental journey is *not* a coincidence. The human is holistic, that is, *our physical, mental, emotional and spiritual natures work together to create a whole human*. One cannot be separated out from the other. Thus, faith development and moral development, along with consciousness expansion, are all interconnected with the human developmental journey, what we call the Intelligent Social Change Journey.⁴⁵

Points Important to Our Focus

These few pages had a lot of information packed in them, so let's take a pause to review a few points pertinent to our focus:

From the physical perspective:

- Our bodies are transformers of energy, literally creating and sending electromagnetic energy into the field as well as receiving it.
- We live in a sea of energy in which we are in touch with the rest of the universe.
- There is a continuous exchange of energy that creates dynamic patterns in a continuous process of redistributing energy.
- Particles and the empty space around them cannot be separated.

From the mental perspective:

- Information, while not itself a pattern, can be viewed as any *non-random* pattern or set of patterns.
- There is an inverse relationship between entropy and order (information).
- Potential energy is when the *expenditure* of energy results in an *increase* in the information content of the system.
- Energy and information are interconvertible.

- Thought is a series of choices connected by their direction.
- Energy follows thought.
- Thought limits (bounds) the Field (creating a subfield) and simultaneously alters the probability of the subfield.

From the spiritual perspective:

- By definition, the term spirituality—focused from and on the viewpoint of the human—encompasses both the emotional and mental, with a focus on moral aspects.
- Beliefs and biology are not independent; our beliefs affect every aspect of life.
- In the life developmental journey, faith development, moral development, and consciousness expansion are a related journey.

3. The Akashic Field

The concept of the Akashic Field serves as an example of the energy-information-consciousness-quantum-God Field that we have been exploring.

It was Nikola Tesla, recognized as the father of modern communication technologies, who described a medium within space that was similar to “Akasha”, which is light-carrying ether. In an unpublished 1907 paper titled “Man’s greatest achievement” he talked about a force field which became matter when *acted upon by cosmic energy* (spiritual in nature) and then returned to the field when the action ceased.⁴⁶ This sea of energy filled all of space.

Scientists such as Bohm and Harold Puthoff have more recently explored the role of nature’s information field in the “quantum vacuum”. For example, Puthoff described an equilibrium that exists between matter and the energy field, which he refers to as the zero-point energy field.⁴⁷ One consequence of this connection is that we are—quite literally and physically—“in touch” with the rest of the universe, and that the modulation of such fields might just carry *meaningful* information, which insinuates purpose, much like the popular movie phrase, “The Force be with you”.

This is the idea of the comprehensive concept of an *informed* universe, that is, a *meaningful* universe. Note that information serves as the raw material and it is only when the raw material is processed it becomes a *message* which, upon receipt and processing by the recipient—and noting the context sensitivity of meaning—can become *meaning* to the processing individual.⁴⁸

Ervin Laszlo describes this as the Akashic Field. In his quest for an integral theory of everything, Laszlo’s Akashic Field—what he calls the A-Field—expands on the Indian philosophical concept of the Akashic Chronicle. The A-Field is a cosmic information field that is at the core of an informed universe. While it cannot be seen, heard, touched, smelled, or tasted, it’s effect can be perceived. There have been so many experiments and experiences in our lives—and undoubtedly in yours—that have brought us to the understanding that things in the “real world” are connected, linked by flows of energy and flows of information.

In this Field, there is an informing of “everything by everything else”, which is universal.⁴⁹ This does NOT mean the “same”, but rather isomorphic, which is having the same basic form. Perhaps a better way to think about this is as a resonance, where frequencies of sounds resonate with other sounds playing at the same frequency. When this occurs—when things are at the

same frequency—they are said to be coherent. Coherence is a term which represents the degree of synchronization between coupling oscillating systems. We talk more about resonance and coherence in Chapter 6.

In the A-Field, “things are directly ‘in-formed’ by the things that are most like them”, yet there is also a coherence such that, less directly, other frequencies can also “in-form”. This all happens at a staggering speed. As Laszlo explains, “Information conveyed through the A-field subtly tunes all things to all other things and accounts for the coherence [and the symmetry] we find in the cosmos, as well as in living nature.”⁵⁰

So, we are *active conscious participants* in this relationship with the Field, swimming in a vast ocean of energy which is full of entangled, continuously flowing sub-fields. *From a quantum perspective*, we now recognize this as a large probability field of thought, dynamically and continuously redistributing old patterns and creating new patterns. And, *our* thoughts and feelings and actions through a continuous exchange of energy are playing in this Field!

We are Part of an Eco-Field

After all this discussion, we are clearly part of something larger—depending on perspective, an

energy field, an information field, a consciousness field, a quantum field, or a God field—which can be described as an eco-field. “Eco-“ is a combining form which denotes the environment or a habitat. A related word most people are familiar with is “ecology”, which is the scientific term to describe the relationships of bio-organisms with each other and their environment. Dynamic in nature, an ecosystem represents interactions among living organisms and non-living parts of the environment in a given area (a system), with each part having a role to play in the natural cycles of life.

When we think about the term “field”, the first thing that comes to mind might be a baseball or soccer field, or, if you were raised in farm country, you might instantly identify with a field of flowers, or watching horses running through the budding new grass of Spring, stopping now and again to toss their manes and nibble the green blades poking through the dark ground. A field can be considered a specific area of space, perhaps demarcated by a fence and perhaps not, but nonetheless bounded in some way, with an eco-field interactive with the bio-organisms that call that field home, having an interdependency.

So, we humans live in a large eco-field, interactive with each other and interactive with the environment. And indeed, all this interactiveness is an *interdependent relationship* in every aspect of living—

physical, mental, emotional, and spiritual.

“Interdependent” connotes two things dependent on each other which, when human-to-human relationships are involved, includes a state of mutual reliance, confidence, and trust. Admittedly, this interdependence concept is much larger and stronger when considering the relationship of life here on Earth with the Field! We have always understood the necessity of the exchange of energy in terms of oxygen, water, food, sunlight, etc. However, we now begin to understand that life could not exist, could not come into existence, without the exchange of energy, and that the very space around life, around us, is actively charged with that energy—and continuously redistributing that energy—until we merge back into the Field. And with this understanding and symbiotic thinking, we recognize that the very existence of life, which we perceive as a bounded separateness, is dependent on our relationship with the Field.

Points Important to Our Focus

- We are part of an eco-field—described by the terms energy, information, consciousness, quantum, and God—interactive with each other, interactive with what we perceive as our environment, and interactive with the Field.

- All things are subtly “tuned” to other things as information passes through the Field (in our example, what is called the A-Field), resulting in the coherence and symmetry we find in nature.
- We live in an *informed* universe that exchanges *meaningful* information.
- While there is an informing of everything by everything else, the strength of informing is through frequency resonance. When things are at the same frequency, they are said to be coherent.
- In an interdependent relationship, our thoughts and feelings and actions are energetically playing in the Field.
- The very existence of life, which we perceive as a bounded separateness, is dependent on our relationship with the Field.

4. Consciousness Expanding

As we learn more and more about the nature of life on Earth, we recognize the interconnectedness of our ecofield, both energetically and in terms of its entangled physicality. Still, I'm not sure we were—or ever could be—fully prepared for a reality that is unlike our perceived reality, energy that is different than our understanding of energy, possibilities that are beyond our imagination, what Jo Dunning describes as “incluence”, a state of being far beyond the small drop of possibility we have come to accept as true, a future state that is far beyond that which we know to dream. Only, this isn't very far in the future anymore; it is here now.

Maybe we should start with trying to understand what exactly consciousness is, although that's an issue still in dispute among experts in a myriad of fields! We have personal experience with consciousness. We give up consciousness every time we go to sleep. Yet in the morning, we pick it up as if nothing happened in between. And in our lives, we see consciousness as a march of sequential events, inter-playing on multiple levels, that arise either from the environment getting our attention, or from our own internal ruminations. Consciousness involves “wakefulness, receiving and responding to sensory inputs, imagination, inner

experience, and volition.”⁵¹ You *exist* and you are *aware* that you exist.

As a few more points of reference, Searle focuses on consciousness as a “real biological phenomenon” which “consists of inner, qualitative, subjective, unified states of sentience, awareness, thoughts and feelings.”⁵² He includes dreams as a form of consciousness, which are tied to the creative imagination. And Rollo May sees consciousness as the *awareness* of the dialectical tensions between possibilities and limitations.⁵³

Consciousness is an emergent process. From a “scientific” mindset, we attribute this to evolution, specifically evolution of the primate nervous system, which introduced a discontinuity wherein there was no longer a dependency on random variation but selection of the successful variants. From this viewpoint, the idea of “survival of the fittest” is appropriate, although by the time this concept was voiced by Darwin it had already given way, due to the advancement of consciousness, to “survival through cooperation and unity”, which even Darwin recognized in his book *The Descent of Man*.⁵⁴ But alas, it was too late to recall the “meme” that “survival of the fittest” had become.⁵⁵

Yet, even if discontinuity in the evolution of the primate nervous system was indeed the spark from which consciousness emerged, from where did this

discontinuity occur. Clearly, it was caused by the continuous exchange of energies occurring between the human and the Field in which we exist. And during the life process, as the consciousness in a life expands, we have the ability to access a very broad band of information far beyond the information that is conveyed through our eyes and ears. “We are, or can be, literally ‘in touch’ with almost any part of the world, whether here on Earth or beyond in the cosmos.”⁵⁶ And when the human emerges back into the Field, so too does the consciousness that has been advanced and expanded by that human.

Okay, before there are too many *oo*’s and *ah*’s from our readers, remember, we have discovered that the Field is an energy field, an information field, a consciousness field, a quantum field, and a God field, and while all of these are certainly present, the term you choose to use is dependent on YOUR beliefs and unique understanding.

Meanwhile, in the course of the life experience, the good news is that through this discontinuity that assisted survival—the emergence of consciousness—a cultural evolution was set in place. Instead of a reliance on random variations, through the expansion of individual consciousness a goal-oriented intelligent collective culture emerged, which allowed discovery of rapid solutions to the issues of life.⁵⁷

Thus, as can be seen, consciousness is an emergent process rather than a condition. It is a sequential set of ideas, thoughts, images, feelings and perceptions and an understanding of the connections and relationships among them.⁵⁸ It is the sum total of who we are, what we believe, how we act and the things we do, so it's all of our actions, thoughts and words.⁵⁹ And there is a *continuity to consciousness*,⁶⁰ taking up something from the past and modifying it in some way such that it affects the quality of those who come after.⁶¹

Pretend for a short moment that YOU are this larger field of consciousness at the very beginning of our Universe, when consciousness in the larger field had emerged such that there was an awareness of itself. Regardless of what you call yourself, you are ONE FIELD full of potential and possibilities, perceiving from only the viewpoint of wholeness, with everything cohesive and continuously moving in the same direction. And while this ONENESS may sound like a panacea, this perceived state of “perfection”, of sameness and repetition, does not offer any opportunity for growth or expansion. But YOU want more! It is not enough to just exist and be aware of existence, you want to grow and expand. So, YOU as that first consciousness REDESIGN YOURSELF to meet your desire for growth and expansion.

You create subfields (life) which have great diversity, with the opportunity for each subfield to

grow itself through self choices and, since these subfields are still part of the larger field with a continuous exchange and redistribution of energy, as the subfield's grow, the larger field grows. And as the amazing diversity among life forms and each individuated life form increases, this diversity creates even greater growth and expansion!

Remembering the universal that emerged in our study of symmetry in nature, which can be interpreted “as below, so above”, let's explore this desire for growth and expansion from a human perspective. So, hop back into your body and imagine your life the same every single day (although there is no day or night since all is one) with no changes or interruptions, no people with whom to interact, no challenges or problems, no environmental otherness. Sound good? Well, maybe for a few minutes or hours (although there would be no time indicators), but not for long! Anyway, I think you get the point.

Humans are Complex Adaptive Systems

YOU are a complex adaptive system. A system is a group of elements or objects, the relationships among them, their attributes, and some boundary that allows one to distinguish whether an element is inside or outside the system. Complex systems consist of a large number of interrelated elements (parts) that may or may not have nonlinear relationships, feedback loops,

and dynamic uncertainties very difficult to understand and predict. A complex adaptive system (CAS) co-evolves with the environment through adaptation, the process by which a system improves its ability to survive and grow through internal adjustments.⁶² In this continuous interaction with their environment, a CAS operates at some level of perpetual disequilibrium, which contributes to their somewhat unpredictable behavior,⁶³ although in today's environment humans have certainly taken this to an extreme.

As complex adaptive systems—created to adapt and evolve in a changing environment—we cannot stay in stasis, that is, *things cannot stay the same*. There is no constant other than change itself. [Remember the continuous energy exchange between the perceived bounded individual and the Field?]

We often think of our heartbeat as our constant rhythm of life; but even our hearts must skip here and there. If the heart stayed in the same rut it would wear out by the time we were 30 years old! In this continuous state of change, a CAS is either growing or declining, expanding or dying. Thus, humans are on an experiential and existential learning journey, which can result in the expansion of consciousness or the loss of consciousness.

Levels of Consciousness

In the *Great Chain of Being*, levels of consciousness range from matter to body to mind to soul⁶⁴ and span the spectrum from subconscious to self-conscious to superconscious.⁶⁵ Wilber has developed over 100 models of these levels, with different human constructs, pointing out that each individual has different capacities, intelligences, and functions, causing each to move through the developmental levels at different rates.

In Chapter 1 we introduced Hawkins' levels of consciousness represented by calibrated levels correlated with a specific process of consciousness, an increase in intelligence related to emotions, perceptions, attitudes, worldviews, and spiritual beliefs, which can be thought of as indicators of consciousness development. As the culmination of research over a 20-year period involving thousands of people of all ages and personality types, Hawkins mapped the energy field of human consciousness, with levels ranging from 0 to 1,000. While there are many other models, we will use this one to further explore the consciousness of the human.

Let's first look at the indicators that occur at various levels of consciousness development in the human. The progression is as follows: 20 (Shame); 30 (Guilt); 50 (Apathy); 75 (Grief); 100 (Fear); 125

(Desire); 150 (Anger); 175 (Pride); 200 (Courage); 250 (Neutrality); 310 (Willingness); 350 (Acceptance); 400 (Reason); 500 (Love); 540 (Joy); 600 (Peace); 700-1,000 (Enlightenment). Note that the 200 level—that associated with integrity and courage—serves as a critical response point, a balance point between negative and positive indicators.

Feelings can also serve as indicators of your consciousness level. For example, feelings of boredom and loneliness indicate a lack of consciousness—occurring in the lower levels of the scale. Further, as people move from the lower negative emotions into courage (200), the well-being of others becomes increasingly more important. By the 500 level—that of love—“the happiness of others emerges as the essential motivating force.”⁶⁶

Considering the entanglement of energy, information and consciousness, it is not surprising that as energy densifies and there is a greater perception of separation, there is a lowering of frequency and consciousness, which—when reflecting on the vast potential of the informing Field—results in a decrease of choices. Conversely, as consciousness is expanded and frequencies rise through life choices, there is greater interaction with the Field and an increase in choices.

A powerful finding emerging from Hawkins' research is the recognition that vibrational power (the exchange of energy with the Field) advances logarithmically! Thus, a single individual at the highest consciousness level (1,000, an avatar) can counterbalance the negativity of all mankind. As Hawkins advocates,

Were it not for these counterbalances, mankind would self-destruct out of the sheer mass of its unopposed negativity. The difference in power between a loving thought (10^{-35} million microwatts) and a fearful thought (10^{-750} million microwatts) is so enormous as to be beyond the capacity of the human imagination to easily comprehend ... even a few loving thoughts during the course of the day more than counterbalance all of our negative thoughts.⁶⁷

Further, these are not pure states. An individual can operate at one level of consciousness in one life area, and another level in a different life area, with the sum total of these levels of consciousness representing the individual's overall level of consciousness.⁶⁸

Looking at this scale, it can be seen that positive emotions and feelings such as love and joy offer us an incredible opportunity to expand our consciousness and change lives for the better—our own and others. The further we move beyond the 200 level of courage—moving toward willingness, acceptance,

reason, love, joy and peace—the higher our consciousness and the greater our positive impact on the world. We are that powerful!

Points Important to Our Focus

- Consciousness—as inner, qualitative, subjective, and unified states of sentience, awareness, thoughts, and feelings—is an emergent process.
- Evolution sees the origin of consciousness as a discontinuity in the evolution of the primate nervous system.
- During the life process, as consciousness expands, we have the ability to access a very broad band of information.
- With the emergence of consciousness, a cultural evolution was set in place with a goal-oriented intelligent collective culture emerging.
- There is a continuity to consciousness.
- The diversity among life forms creates greater growth and expansion of the Field.
- Complex adaptive systems cannot stay the same; they are either growing or declining.
- The more density and perception of separateness, the lower the frequency and a decrease in choices;

conversely, as consciousness expands and frequencies rise, there is an increase in choices.

- Because the levels of consciousness advance logarithmically, a single individual at the highest level can counterbalance the negativity of all mankind.
- And finally, the higher our consciousness level, the greater our positive impact on the world.

5. The Lower Kingdoms

Our discussion of levels of consciousness was focused entirely on the human, who, to our knowledge, is the highest conscious form living on Earth. Recall that as people move from the lower negative emotions into courage (200), the well-being of others becomes increasingly important. The “others” referenced here includes all sentient life, that is, *life we perceive as having a level of consciousness*. Sentience is a capacity to experience both sensations and feelings, a level of that wakefulness, inner experience, and receiving and responding to sensory inputs introduced as an element of consciousness.

Through mathematics—and specifically transreal numbers, a new field of mathematics which allows the division of zero—Walter Gomide has defined a new type of epistemic operator, a sentient one, which gives us the possibility of knowing everything that is not propositional, including the knowledge of states of consciousness. Generally, the notion of knowledge has been closely linked to the rational ability of humans, which completely excludes other forms of apprehension of reality. Transreal semantics, by virtue of being total and covering all semantic possibilities, generates what Gomide describes as a “poetical discourse” based on images and the immediate intuition of reality which is both *sensory and mental*. Further, this is not limited to human beings, but presents the thesis that any living form, since it is

endowed with sentience, is able to “know”, which leads to the wider notion that non-human beings—even at the level of a cell or an organism—can be “authentic epistemic agents”, that is, have a level of consciousness.⁶⁹

Of course, this makes sense. If the Field is a consciousness field, then it can be assumed there is some element of consciousness connected to all densified energy forms emerging as matter within the Field. This expanded understanding of sentient knowledge does NOT mean that higher mental thought is occurring in lower consciousness forms. Rather, going back to our earlier definition of consciousness, it means that there is *a level* of wakefulness, inner experience, and receiving and responding to sensory inputs. And the lower the consciousness level, the fewer number of choices. For example, advanced sentient beings largely have a choice in the forces they engage while things in the natural setting of our planet that are less sentient are controlled by the *forces of nature* or, in many cases, by humans, the sentient beings responsible for this planet.

The Consciousness of Animals

Whether our beliefs lean toward creation or evolution—or both or neither—there is general recognition that humans and animals share many similar attributes. From the creation viewpoint, we can approach this relationship metaphorically. From the evolutionary viewpoint, *Homo sapiens* and *Homo*

sapiens sapiens are classified as a branch of the Hominini, a taxonomical tribe belonging to the family of great apes.⁷⁰ Gifted with larger and more complex brains, this tribe is characterized by erect posture, bipedal locomotion and manual dexterity.⁷¹

Common attributes found in humans and animals include culture, emotions, language, humor, tool use, memory, self-awareness, intelligence, farming, and building. For example, animals that pass the self-awareness test—as constructed by humans—include great apes, some gibbons, elephants, magpies and some whales. As another example, Mulcahy says the greatest builders are Nigerian termites. They build

*... fantastically huge mounds with internal ventilation, heating, and cooling systems through specially designed tunnels so that the termites living inside enjoy a pleasant climate at all times. They even have self-contained nurseries, gardens, cellars, chimneys, expressways, and sanitation systems.*⁷²

Below is a short process that provides a focal point for looking at specific animal traits that correlate to human traits, helping us to understand ourselves and others.

Exercise: Focused Trait Transference

In the list below we have identified and described seven diverse animals with the hopes that each individual will be able to identify with at least one attribute from each animal.

Then, understanding the set as a whole and how they work together begins to honor the complexity of the human.

STEP (1): Print out the list below of seven different animals with short descriptions of traits that they represent (taken from several frameworks of thought). Read the descriptions for each animal. Because these are animals most likely familiar to you, perhaps you are aware of additional traits. Add these to the list.

STEP (2): Reflect for five minutes on the traits for each animal. *Ask:* Are these traits that I see in the people around me? Are any of these traits that I have or exhibit to others? Highlight the traits for each animal that you see in yourself.

STEP (3): Bring all the traits that you see in yourself together as a set. Identify the strength of each trait in terms of their value to you. *Ask:* Which ones are the strongest? How do these traits work together? How have these traits been valuable in the past? How do these traits impact my interactions with others? How do these traits impact my work? How can I use these traits to my benefit and the benefit of others with whom I interact? *or* How can I change these traits to add more benefit to myself and others?

STEP (4): Assess the value of this exercise. *Ask:* What have I learned about myself and my interactions with others?

THE LIST:

(1) *Elephants*. Symbolically, elephants represent **strength and power**, especially power of the libido. Their strong sense of smell represents higher forms of discrimination leading to **wisdom**. Elephants also show

great affection and loyalty to each other and their families. In their behaviors are the ideals of true societies.⁷³

(2) *Mountain gorillas*. Mountain gorillas, **strong and powerful**, are generally **gentle and shy**. They are **highly social** and live in relatively **stable, cohesive groups**, with long-term bonds developing between the males and females. The dominant males mitigates conflicts within the group and protects the group from external threats.

(3) *House cats*. The cat represents the attribute of **independence** and a wide variety of traits such as **curiosity, cleverness**, unpredictability, unsociability and **healing**. Because they can see in the dark, they are often associated with mystery and magic. Shelley attributes the following characteristics to cats: individualist, agile, aloof, self-interested, vain, selfish, frustrating, and arrogant.⁷⁴

(4) *Songbirds*. This group of perching birds (*Passeriformes*) includes over 4,000 species of birds found around the world, all equipped with vocal organs that produce a diverse and elaborate bird song. Both physical and spiritual, sound is an expression of energy. For example, the canary reflects the **awakening** and stimulation of the throat and heart, which gives increased **ability to feel and to express feelings**. As Andrews describes, "When the canary shows up as a totem, it is time to ask yourself what song you have been singing ... You may find that those things you say more lovingly will be felt more lovingly. Those things you say more sharply will cut more deeply. What you say is going to have a much greater impact, as the canary **awakens the power of sound, music, and voice** in you."⁷⁵

(5) *Horses*. Key concepts connected to the horse are travel, **freedom** and power. The horse's energy is expansive, historically serving people in agriculture,

recreation, war and travel, enabling people to "explore and find freedom from the constraints of their own communities."⁷⁶ They signify **power** and **movement**, contributed to the rise of civilization, and have been poetically connected with the wind and foam of the sea.

(6) *Dogs*. The two words that immediately come to mind for dogs are **faithfulness** and **protection**. Other terms associated with the dog include companionship, nurturing and caring and guardianship.⁷⁷ Shelley says that dogs, a highly versatile and enthusiastic group of creatures, are loyal followers, not leaders, with the behavior highly dependent upon their master (leader) and their environment. He attributes the following to dogs: **loyal**, **trusting**, energetic, **enthusiastic**, boisterous, gullible, reliable, predictable, **happy**, **playful**, protective (when directed), and trustworthy (mainly).⁷⁸

(7) *Rabbits*. Connected to fertility and new life and imbued with **ambition**, **finesses** and **virtue**, the rabbit brings with it the **sensitive** and **artistic** powers of the moon. Moving in hops and leaps, it is fleet of foot and active both day and night. Although associated with fear by some, the rabbit has wonderful defenses, clever at doubling back and making quick and rapid turns.⁷⁹

In our exercise, as a set and considering the diversity of attributes, there is the opportunity for learning through different frames of reference. While the attributes to each animal are rather succinct and somewhat related, the attributes of humans can be collectively pulled from *all of these animals* and combined to produce unique and individuated results.

No doubt in this exercise you discovered that you have traits related to all seven categories of animals in the list above. Since the human is a complex adaptive system with incredible diversity and individuation, this is not surprising. Now that we've learned a little bit about consciousness, we are aware of the continuous energy exchange and redistribution in the Field and recognize that densified energy and the space around it cannot be separated. Thus, in an informing universe, all the lessons of life at all levels of consciousness are available to all. And how much of that learning across the spectrum occurs is very much driven by our thoughts, focus, and choices, and perhaps our humility.

For example, a common attribute in both animals and humans is the concept of instinct. What is instinct? The dictionary sees instinct as a way of behaving, thinking, or feeling that is not learned; a natural desire or tendency that makes you want to act in a particular way; something you know without learning it or thinking about it; a natural ability.⁸⁰ Instinct is a complete pattern of behavior that is given to animals ... and whether or not we inherit this as “animals”, some humans have “ingested” this informing gift.

Sheldrake's hypothesis of formative creation proposes that *memory is inherent in nature*, suggesting that all natural things inherit a collective memory from previous populations of similar natural things.⁸¹ This would explain the passing down of instinct with an animal group from one generation to the next. Further, through repetition, these collective memories become

habits—patterns over time—which are inherent in all living things. As that extends to humanity, “All humans too draw upon a collective memory, to which all in turn contribute.”⁸² Sheldrake calls this process in which the past becomes present, involving formative causal influences transmitted through both space and time, *morphic resonance*.

A similar theory is the field of instinctual intelligence, which refers to basic instincts that are programmed within the human that have innate intelligence aimed at survival in an unpredictable environment. Actually, that sounds a bit like our fight, flight, or freeze response. But this instinctual intelligence requires learning, the continual modification of our nervous system as it adapts to continuous change, and then the passing on of that learning to future generations, who in turn change and pass it on to future generations.

Theodore Usatynski, anthropologist and psychologist, says that, “The most primal impulses are brought into alignment with the most precious of human qualities like compassion, generosity, patience, and intelligence. Modern scientists are finally acknowledging what the ancient mystics have always known: our basic instinctual programming can not only learn and adapt—it can actually evolve.”⁸³

Points Important to Our Focus

- Through mathematics, we can show that any living form endowed with sentience is able to “know” and can be authentic epistemic agents, that is, have a level of consciousness.
- Things that are less sentient are controlled by the forces of nature.
- Humans and animals share many attributes, which include culture, emotions, language, humor, tool use, memory, self-awareness, intelligence, farming, and building.
- Humans have traits that relate to all seven of the primary groupings of animals.
- Memory is inherent in nature, suggesting that all natural things inherit a collective memory from previous populations of similar natural things.
- Basic instinctual programming can adapt AND evolve.

6. Resonance and Coherence

It took many years of life to fully comprehend and appreciate these two concepts! (Yet no doubt still more to learn about them.) Let's briefly explore both of these terms.

Resonance is a quality, a richness or significance, especially in evoking an association or strong emotion. A “resonance of thought” occurs when ideas go along with the rhythm of our natural frequency, a “feeling” that something is right. All objects have simple wave functions with unique wave signatures, and a natural frequency at which they vibrate when they are disturbed. When a disturbance *matches* this natural frequency, there is a strong resulting vibration, a resonance. In other words, when you resonate with something you are emitting a “wave signature” which is “in sync” with it, vibrating at the same frequency.⁸⁴ These synchronized vibrations are at the heart of human consciousness.⁸⁵

A sympathetic resonance, which is a harmonic phenomenon, with “harmonic” inferring a component frequency of an oscillation or wave, occurs when a vibratory body responds to vibrations which have a harmonic likeness. For example, “thought forms are sent out into the environment where they attract sympathetic vibrations, those vibrations that resonate with the thought and feelings being produced.”⁸⁶

An important concept related to resonance is the potential for entrainment, when a strong frequency pulls a less-powerful frequency into its natural rhythm. This occurs when one system or subsystem (or a part of either) aligns its functional behavior with that of another system or subsystem (or a part of either). When reflecting on the continuous redistribution of energy, it makes sense that a weaker frequency is affected by, and can align with, a stronger frequency.

Resonance can be induced through the experiences of life. The human mind is an associative patterner, with incoming information associated with previous learning that is important to the individual, continuously making sense of the current reality and creating the knowledge in the instant needed to act in that reality.

Further, we now understand that the mind is also an associative attractor. This is consistent with the earlier discussion in Chapter 2 of energy attracting energy and thought attracting similar vibrations. With this in mind, and considering the continuous redistribution of energy in the Field, resonance can occur without our conscious awareness. However, that which is tacit CAN be accessed in various ways.

A 2008 Mountain Quest Institute research study identified Inducing Resonance as one of four approaches to accessing and spreading tacit

knowledge.⁸⁷ For example, it was found that through exposure to diverse, and specifically opposing, concepts that are well-grounded—such as thought surfacing through a debate or exposure to paradoxes—it is possible to create a resonance within the receiver’s mind that amplifies the meaning of the incoming information, associating it with increasing its emotional content and receptivity. This process results in the amplification and transformation of tacit knowledge, making it accessible at the conscious level.

Coherence refers to “wholeness or global order, where the whole is greater than the sum of its individual parts” and can be considered a “clarity of thought, speech and emotional composure.”⁸⁸ This does not mean that all parts of a system are acting the same at the same time. As explained by McCraty and Childre:

*It can appear at one level of scale that a given system is operating autonomously, yet it is perfectly coordinated within the whole. In living systems, there are micro-level systems, molecular machines, protons and electrons, organs and glands each functioning autonomously, doing very different things at different rates, yet all working together in a complex harmoniously coordinated and synchronized manner.*⁸⁹

While working with the U.S. Department of the Navy, we coined the term “connected of choices”,

meaning that every department, while doing entirely different things required for their specific focus, was heading the organization in the same direction.

Let's pretend again, jumping back into the viewpoint of higher consciousness, the Field. YOU are the Field. From this viewpoint, living systems are the micro-level systems, which while doing different thing, when in a state of coherence are all working together in a complex harmoniously coordinated and synchronized manner. And now back to the level of the human, the *feeling of resonance* gives us a hint that we are heading toward coherence. We are not the same. We do not look the same; we do not think the same; we do act the same. Yet when this resonance occurs whether triggered by a thought—or the presence of another person—we know that we are heading in a coherent direction in concert with our continuous journey of expanded consciousness informed by redistributed energy.

What would it take to achieve this coherence on a global scale? Hawkins extensive work on the levels of consciousness gives us a hint, as does his discovery that the vibrational power as we move up the scale advances logarithmically. Many of us have experiential evidence of this potential. For example, the power of love to overcome lower levels of consciousness such as shame, guilt, apathy, grief, fear, anger, and pride. And how very powerful joy is in

advancing our lives! So, the answer is there in front of us—and through our individual life choices, everyone is capable of either increasing or decreasing global coherence.

Points Important to Our Focus

- Synchronized vibrations are at the heart of human consciousness.
- Resonance can be induced through the experiences of life.
- The human mind is both an associative patterner and an associative attractor.
- The feeling of resonance gives us a hint that we are heading toward coherence.
- Through individual life choices, everyone is capable of either increasing or decreasing global coherence.

7. My Unique Point of Consciousness

I stand looking up at the stars, and the Universe I see is from my unique point of consciousness. This is me, what my mind perceives as my self.

Remember, from a quantum field theory perspective, the mind can be considered a field of potential—of possibilities—where at least half of the field has chosen to head the same direction. This limited field could also be thought of in terms of focused consciousness or will. The mind is *the seat of consciousness*, enabling awareness of our self as a knower, an observer, and a learner, and as one who takes action, with our neurons forming a continuous memory of our thoughts and actions. This self-awareness—which represents the unique ability to reflect on the past and potential future of ourselves, our world and the Universe—is possible because of the *relationship between* ourselves and the Field.

Contemporary neuroscience does not identify a separate neurological function or structure where self—or consciousness, which enables the recognition of self—exists. Self is the quantum leap that occurred after the emergence of self-reflective consciousness, a distinct self that could take charge of the domain of consciousness, and determine which feelings or ideas take precedence. “Having had this experience of something inside us directing consciousness we gave it

a name—the self—and took its reality for granted. And the self became an increasingly important part of human beings.’⁹⁰

So, you are perceiving the larger Universe from one point, a point of consciousness in a field of consciousness situated in matter, which is a form of energy in the Field of energy. You are unique with the freedom to think and act for yourself, and to communicate and interact with others who are also points of consciousness situated in matter.

One of the main roles of consciousness is to tie our life together into a coherent story, a concept of self.⁹¹ Moving through various life experiences, the individual singles out and accentuates what is significant and connects *these* events to *historic* events to create a narrative unity, what can be described as fictionalized history. This autobiographical self—the idea of who we are, the image we build up of ourselves and where we fit socially—is constructed over years of experience and constantly being remodeled, a product of continuous learning in an experiential life.⁹² While much of this model is created by the unconscious,⁹³ it is the conscious mind that perceives the *idea* of self and through active experimentation with objects and the external world is typically very aware of the perceived boundaries between the individual and the external world.

Thus, the conscious you is both *self-created and self-creating* as you make decisions, and act and interact. And this continuous stream of thought and action is different from that of anyone else as you continuously create and re-create your self.

For a while, I perceive my self as separate from the Field, although I know that when this life focus is over, I will return to the Field. Yet even in this separation I am ONE with the Field, with a continuous redistribution of energy occurring, laced with information. Yet I have agency. Should I choose to do so, the unique being that I am is in control of my thoughts, feelings, beliefs, and actions. Should I choose to expand, I can move upward through the levels of consciousness, and as I reach the higher levels—moving through love, joy, and peace toward enlightenment—positively affect those around me as well as many other life forms I do not know, all of whom are also participating in the redistribution of energy in an informing Universe.

As my understanding of life and living expands, I am thankful to be one with this process and so very appreciative of the first point of consciousness that emerged and chose to limit the Field so that further growth and expansion could occur, allowing “me”, as I continue the process of expansion, to one day do the same. And so, I will.

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- ⁵ A contrast of opposites compiled from texts in the areas of philosophy, religion, psychology and leadership.
- ⁶ This tool was developed from the teachings of physicist Niles MacFlouer. See *Why Life Is* archived weekly radio shows: BBSRadio.com (#1-#480) and KXAM (#1-#143). www.agelesswisdom.com/archives_of_radio_shows.htm
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About the Author

The name **Alex Bennet** represents a large body of work emerging out of the **Mountain Quest Institute**, a research and retreat center located in the Allegheny Mountains of West Virginia dedicated to three quests: the quest for knowledge, the quest for consciousness, and the quest for meaning. This book represents the second series of conscious look books offered to the public. The earlier set of 22 little books titled *Possibilities that are YOU!* is consistent with this current offering and is available in soft-back and eBook formats on amazon.com

Recently published is *Unleashing the Human Mind: A Consilience Approach to Managing Self* and a companion work *Unleashing the Human Mind Field Guide*. Contact alex@mountainquestinstitute.com if you are interested in this work.

This small conscious look book may be freely shared. **Our truest wish is that these materials will serve you in your service to others.**

Increasingly the passion of humankind is to know our connectedness—how and how deeply we are interconnected. This reaching of our individual and shared consciousness rises from the eternal nature of our being. The intelligence within us hears the echoes of wisdom across the ages ... the prophets, the philosophers, the spiritual voices of kindred souls, all touch our knowing. And now the sciences illumine what we feel, and the quest for the unity of our consciousness envelopes us. As we learn more, there is a pulsing in the core of our being that also beckons toward our shared existence. We are on a consciousness quest that reaches within us and outward to all of us.

