

# **THE SCIENTIFIC BASIS FOR THE DEVELOPMENT OF HUMAN CONSCIOUSNESS**

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## **Abstract**

For the scientific development of human consciousness its "functional aspect" is of the same importance as its "bio-physical aspect": it is important to search for the bio-physical origin of consciousness, but it is also important to practice techniques that help to awaken human consciousness. One of the main techniques that awaken consciousness is watching (witnessing). Human beings have the capacity to watch and become aware of the way the mind functions, and to watch and become aware of body movements and breathing. Watching is an individual research method that leads to a conscious experience of the world. It is a method that allows human beings to grow beyond religious, national and racial conditioning.

**Introduction** In common scientific experience perception and experience are separated through the rational activity of the mind. Information enters the senses, goes into the rational part of the mind, where it is elaborated through logic and mathematics, and then becomes an experience:

rational experience  
the universe - perception (the senses) - elaboration (the mind) - rational experience

Let us do a simple experiment. Observe for a few moments a plant in your room or one that is outside the window, and then close your eyes. Inside yourself you observe many thoughts, like how big the plant is, what colour it is, and so on. The mind's elaboration creates a gap between perception and experience. The question arises: is it possible to experience the plant directly as perceived by the senses without the mind elaborating on it? Direct experience requires us to become aware of all thoughts, emotions and images that are associated with the object or situation that we experience.

Human beings have the capacity to watch how the mind elaborates perception. By watching the way the mind elaborates perception he or she becomes aware of how the mind influences the experience in the experiment. With this awareness rational experience in the experiment is enriched with conscious experience.

conscious experience  
the universe - perception (the senses) - conscious experience

Having conscious experience one grasps exactly what one perceives. Conscious experience is direct, as the mind does not come between perception and experience. Rational experience is enriched with conscious experience by simply allowing the observer to watch the mind. Rational experience is quantitative and analytic, while conscious experience is qualitative and synthetic. Watching the mind and becoming

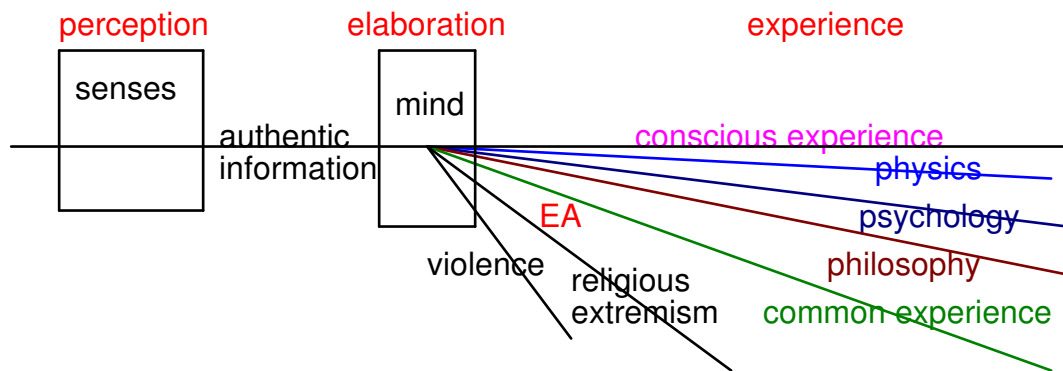
aware of its elaboration is the function of consciousness. Watching is an individual research method (1)

**Conscious Experience and the Evolution of Human Beings** The human mind can be compared to an optical prism which bends a horizontal ray of light (see the picture below). The horizontal ray of light can be compared to the information that reaches our senses. This "horizontal information" is authentic information based on reality. It is first elaborated by the mind and then experience occurs.

The elaboration of the mind creates an "elaboration angle" (further on only EA) between authentic and experienced information. By passing the "mind prism" the "horizontal information" changes direction. We do not experience the information as it was when it entered our senses. EA depends on the similarity between our "image of the world" and the world itself. In physics the EA is minimal, in psychology it is already larger; different schools see human beings differently. In sociology the EA increases; the idea of how society should function depends on cultural background; the difference between Christian and Muslim background seems unbridgeable.

The common "image of the world" is a mixture of scientific and cultural input. When educational input is non scientific, and strongly influenced by religious or racial background, the EA can become very large; the distortion between perception and experience is huge.

Educational input which is composed of aggressive ideas and negative emotions can create an "image of the world" through which one experiences the world as "aggressive and without justice". Such a person will create conflict, violence and destruction.



Consciousness has the capacity to watch and to become aware of the way the mind elaborates information. It also brings awareness of the fact that the "scientific image of the world" and the world itself are two different things. By using this method authors improve their understanding of time in Special Relativity. (2)

Watching (witnessing) the mind is an individual research method that diminishes EA. With the development of a total awareness of the mind, EA becomes zero. One experiences exactly what he/she perceives. One enters into a Conscious Experience of the universe, one reaches beyond the duality of "subject-object". The term "self-realization" does not correspond exactly to the term "conscious experience". Conscious experience is "self-less", one discovers the sacredness of the world that is the main goal of religiousness; it has disappeared from the most of today religions.

Science without consciousness is like lantern without oil. By accepting "watching

the mind" as an "individual research method" science will discover huge uncovered fields of human reality. Scientific education which includes conscious experience as a consistent part of it, will have a useful instrument for overcoming religious and cultural conditioning which is currently dividing human civilization. It will raise individuals who are free of any religious and cultural extremism.

**The Law Of Dynamic Equilibrium And Society** Einstein emphasises in his work (1918-1930) that space has its physical properties; gravitational force was attributed to space. He came to the conclusion that cosmic space could play a role in the formation of elementary particles. The idea opens new views on the interaction between matter and space as well as the evolution of life and human society.

He came to the conclusion that space could be the origin of matter. In his article "The Concept of Space" in Nature from 1930 he says: We have now come to the conclusion that space is the primary thing?? and matter only secondary; we may say that space, in revenge for its former inferior position, is now eating up the matter. (3)

In his book "Einstein and the Ether" Ludwik Costro comments: What a fundamental change in Einstein's views! Having started from denial of the existence of space and time, he finally came to the conclusion that four-dimensional space (the space-time continuum) constitutes a reality ontologically primary even to matter. At this point, he believed that matter was born from space-time. (4)

According to astronomical calculations a star that is 3.2 times bigger than our sun will develop into a "black hole" that has a tendency to shrink into a mathematical point and disappear from the material universe. The question arises: where does the black hole disappear to ?

According to the first law of thermodynamics energy can not be created or destroyed. Considering this law the idea arises that in black holes the energy of matter disintegrates into the energy of space. In black holes matter disappears into space and in the big bang matter appears from it. In the universe energy is constantly circulating, it is never created or destroyed. Big bangs are cyclic. The universe is a self-renewing system. It has no beginning and no end. (5)

That big bangs are cyclic is confirmed by the new cosmologic theory of Turok from Cambridge and Steinhardt from Princeton. (6)

Dynamic equilibrium (further on only DE) is a basic universal law. The DE between gravitational and tangential forces makes it possible for planets to orbit around the sun. The water circulation "ocean-evaporation-clouds-rain-rivers-ocean" is in DE and life cycles of fauna and flora are in DE.

In Taoism dynamic equilibrium is presented by Ying and Yang, In Hindu philosophy as the breathing of Brahma, in European esoteric traditions as the snake that eats his own tail.

As human society is a part of the universe and life, it should also follow the law of DE according to which energy is flowing freely and transforming continuously, there is no big accumulation. In today's society there is a disproportional accumulation of money and goods; some people are dying of obesity and others of hunger. The economy still functions under the laws of profit that are based on the "ego"; the bigger the ego the more one will accumulate to feel safe and in power. On a psychological level ego means accumulation and resistance while awakening of consciousness means becoming in harmony with the universal flow.

The future economy should follow the law of dynamic equilibrium according to which the main purpose of the economy is not to create profit and accumulation, but to create a free flow of products and natural resources in order to provide a good life for the

entire population of the planet. This kind of economy needs a society composed of conscious individuals.

The real meaning of dynamic equilibrium can be experienced in conscious experience which is ego-less. You become one with the whole of existence; this oneness brings the understanding that mass accumulation of money and goods goes against the cosmic laws and does not bring you fulfilment and happiness.

**Conclusions** Politics and religion have not had much success in bringing peace and harmony. History teaches us that violence can not be uprooted through violence. It seems that humanity's only chance is a scientific development of human consciousness.

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