

FROM THE NEW PARADIGM OF SCIENCE TO A NEW CONSCIENCE

Translation by Greta Bianchi

The understanding of the events and of the true origins of every phenomenon, in other terms, the meaning to the world around us, has probably been the fundamental drive of the human being, which enabled his evolution and the appearance of civilization.

A few centuries ago, this exploration brought us to a mechanical and consequently materialistic view of reality. This perspective tells us that things exist per se, that they are separated from each other and that, in order to interact with each other, they need spatial contiguity, meaning to be able to touch each other. This way of reading the reality is so deeply rooted in us to correspond directly to our common sense.

It is widely accepted that the thought cannot have anything to do with things happening, and it cannot occur that a thought is transmitted or that there is precognition of a future event. It is commonly considered that it is not possible that something has different simultaneous natures, that a synchronicity of faraway events happens and that different events are connected when nothing seems to be an obvious link between them, let alone that there is a subtle reality behind supporting the apparent one. All nonsense for our common sense.

Nevertheless, for almost a century now various experiments in quantum physics have demonstrated that our common sense, based on the mechanical view, is wrong.

De Broglie revealed that what constitutes matter is at the same time a wave and a particle, meaning that the matter has more than a single way of being, more than one nature at the same time.

The double-slit experiment seems to show that the observer changes the reality, or, in other words, that our point of view on reality can influence reality itself.

The scientist Aspect revealed that the change of motion of a particle can cause simultaneously the change of motion of another identical particle that is somewhere else in the Universe, making possible the synchronic theories, telepathy and intuition. The propagation of electromagnetic waves in space and the very fact that space *bends* shows that the vacuum is something. The physicist David Bohm conceived the existence of an *implicit order* that supports and determines the explicit order. In other words, a thin and all-pervading reality that supports and determines the apparent reality.

This all reminds us of the vision of reality of oriental philosophies, in particular of the Hindu Vedas. The latter describes the universe as a unit, supported and somehow made up of something thin and all-pervading that stands behind the apparent reality, the so called Akasha. According to this view, the entire universe consists of two matters: the Prana, which is the cosmic energy, and the Akasha, which to some extent meets the definition of ether of the ancient Western philosophers, a thin and pervasive substance that enables the visibility of the material world and that, at the same time, is what appears to man as the vacuum, as it is not possible to perceive and to measure it. In the Akasha, the whole history of the universe was stored, the memory of everything. Universes were reabsorbed in the Akasha, and from it they were reborn.

This in turn reminds us of the hypothesis of physicists who have speculated a *Metaverse* from which universes are born and in which they are constantly reabsorbed, a Metaverse in which information and memory exist, as much as in the Universe.

Information and memory would explain the coherence of existence. In fact, the exceptional coherence of the Universe is what amazes the researchers the most. If its expansion rate at the early stages had been just one billionth slower, the Universe would have immediately collapsed on itself; if it had been one billionth faster, it would have been quickly dispersed, it would have cooled down and thus the formation of stars like the Sun and the evolution of life on planets like the Earth would have been impossible. If the electron had not had a mass so close to half the difference between the neutron and the proton, chemical reactions would not be possible. Also, the huge *surplus* of matter over antimatter in our universe is inexplicable, but the Universe exists as it is thanks to this mysterious and unintelligible *mistake*. Lastly, if the electric charge between protons and electrons was not this perfectly balanced, all matter would be unstable.

The scientist Roger Penrose calculated that the odds that a universe is born with these features are one out of 10 raised to 10,123, a number that points to an extreme unlikelihood.

Certainly believing in a universe created by a God is not scientific, but apparently it's not scientific to believe that chance created it, too. Instead, in my opinion, the hypothesis of a *Metaverse* that contains information and memory from which increasingly advanced universes can originate is rather believable.

However, a paradigm regarding the vision of reality dies hard. All the experiments which I mentioned above are proved, but, oddly, this still does not affect our interpretation of reality, not only as ordinary people, but also as experts. We act as if we denied what has always been our task as human beings: to give a meaning to what we discover. This meaning is, among other things, extremely useful, if not indispensable: a new paradigm for interpreting the reality can push humanity towards a higher level of conscience.

In a lecture from 1973 on the new dimensions of Psychology, Roberto Assagioli, speaking of the Fifth Force or Psychoenergetics, addressed the theme of the investigation into all the existing energies in the universe and their relationships:

- The physical energies, from the subatomic level up to the astronomic and galactic;
- The biological energies, organizers of living matter;
- The psychic energies, of all qualities and levels;
- The spiritual energies, transpersonal and transcendent.

He wished for an expansion of the knowledge of such energies and their effects on living beings. In fact, in the XX century a new scientific paradigm emerged, based on a new conception of the human being; the human being is no longer to be inserted in a mechanistic vision as a passive subject, biologically, psychologically and socially determined, separated from the reality around him. On the contrary, he is a complex form of energy, sustained by specific information, inserted into a relationship of interconnection and interdependence with the energy of the universe, an integral part of this system with which he is in continuous local and non-local interaction. Thanks to this relationship of interconnection and interdependence with everything, the person becomes a participating and protagonistic subject, able to have an impact on reality, creator and co-creator of reality itself.

The new scientific paradigm recovers the energetic vision of the oriental ancient mystical traditions in affirming that reality is made up of inseparable elements and that the living being is constituted by energy plus information, energy that organizes him into different levels, from those more material and approximate of the body to subtler ones of the emotional, mental and spiritual level.

It is our responsibility to maintain the energy and to control the type of information to which we are exposed, so as to

cultivate and to preserve our own coherence, a scientific term which means that particular condition of harmony among single parts of an organism or among more systems, expressed in a state of psychophysical well-being and of internal peace and peace with the world. Coherence, in fact, produces a healing in the personal energetic field, rebalancing action, which produces changes at a biological and psychological level.

Different scientific studies have shown and measured the level of coherence in relation to the development and quality of emotions: joy, empathy, love, compassion, calmness, mindfulness, all increase coherence. Vice versa, sadness, anger, hate, resentment, fear, anxiety and similar, decrease coherence. We cannot forget to mention here the lesson of Assagioli about medicines and psychic poisons and the importance of transforming negative emotions, for which the application of psychological laws becomes fundamental.

With increased coherence, the person becomes more sensitive to the subtle electromagnetic signals that individuals transmit between them through aware emotions, attention and intention.

Thoughts, attitudes, beliefs and emotions produced by the individual mind act on this energy, on that of the whole organism and on that of the surrounding reality.

When we practise dis-identification and self-identification, we become less reactive and, accessing the level of endless possibilities, we have the power to give form and concreteness to what the Self chooses, with the expression of the will; besides, we establish a connection with that energetic informational unified field from which we can receive information in the form of intuitions, inspirations, visions.

The more a person aligns himself with the transpersonal Self and raises his level of consciousness, the more he becomes able to loosen the energetic blocks that prevent him from receiving and radiating bright energy. The evolution of man becomes a progression and expansion of his brightness, of his ability to receive, to store and to radiate light leaning towards the goal of recognizing and manifesting the transpersonal Self.

One of the fundamental concepts of quantum physics is Entanglement, with its three principles: non-locality (we are in connection beyond the space-time dimensions and able to communicate without signals), the interconnection and interdependence, the discontinuity (evolution also happens through quantum leaps, for example, through creative acts, intuitions, illuminations, inspirations, with which we access to the subtlest energetic levels of the superconscious).

From the principle of interconnection and interdependence springs the sense of participation, of solidarity and responsibility for one's own feelings, thoughts and actions, with respect to the evolution and the harmony of the planet, the importance of sharing information and knowledge in different contexts: biological, sanitary, ecological, economic, social, political, educational, therapeutic, communication etc. Seeking and promoting exposure to healthy information becomes critical for living beings and for the entire planet. It becomes essential in cultivating relationships, beliefs, ideas, values, feelings, qualities, lifestyle, means of communication, each new learning that goes to enrol in a new epigenome that will be handed down to future generations.

The global crisis that affects all levels requires a change of consciousness, as the philosopher of science Ervin Laszlo, among others, said; it requires a conversion from an individualistic, separative consciousness to a planetary consciousness. This not only means developing a sense of belonging to the planet, but also, as Edgar Morin said, speaking of new education, of solidarity and responsibility towards it, of enhancement of the beauty and health of the planet and of healthy relationships between living things; it means to replace the motivational system of competition with one of collaboration and cooperation.

The new consciousness is reflected in adopting and experimenting a new style of life, both internal and external, working for personal and planetary evolution with the application of the will in all its aspects: strong, good, wise, transpersonal, universal.

Awareness of a subtle reality, not manifest, as described by quantum science, about which the perennial philosophy spoke, and even before, transmitted by oriental mystical traditions, leads us to the rebirth of the spiritual dimension, with the development of the awareness of the sacredness of each being and of the subtle connection that ties the beings together, transcending the differences of race, religion, culture.

The Quantum Self, understood as energy of the body-mind, at the subatomic level is interrelated, interconnected and interdependent with all the other energies or biofields. The Quantum Self, freed from obfuscation through meditation (in psychosynthetic terms we could say, moving from identification to dis-identification and self-identification), through attention and conscious intentionality, affects material reality, our lives and the surrounding reality.

The interaction occurs through morphic resonance, to which organisms have access in non-local way to morphic fields, organizational, energetic/informational fields, that guide and shape the structure and behaviour of all chemical, physical and biological systems.

Through Morphic Resonance individuals transmit among themselves mental states, beliefs and information.

The new scientific paradigm teaches us:

- To see beyond manifest reality, because an invisible reality exists, which underlies the manifest (explicate and implicate order of Böhm), in line with the claims of the perennial philosophy.
- To see reality in its energetic dimension and not only in the material dimension: the Universe is made of energies, information, vibrations, resonances, that are organized in different configurations, of which matter represents only one of several configurations.
- There is a great universal Mind or Unified Energy Field (universal Self?), to which the individual, biographical mind, can access.
- The importance of the observer in determining the reality and also in the way of seeing reality, as dis-identification and self-identification teach us.
- The Universe is in a state of Entanglement, whereby each being belongs to a net of interconnections and interdependence, from which derives the possibility of simultaneous, non-local communication.
- Evolution proceeds also in a discontinuous way, by quantum leaps, and this is manifested in the human in the form of insight, intuitions, illuminations, inspirations.
- Based on an energetic vision, fragmentation does not exist in the world around us nor in the human being (holistic view).
- The organism is an energetic/informational system that in order to stay healthy needs energies and appropriate information for each of the three levels: body, mind, spirit.
- The importance of meditation (whose effects have been extensively studied) both to establish a state of well-being on a physical, emotional and mental level, to favour the elevation of consciousness and to cultivate the spiritual dimension.
- The importance of cultivating elevated quality and ascending values, emotions and healthy feelings, such as love, compassion, joy, empathy, understanding, tolerance, in order to increase the coherence or, in other terms, the harmony between the parts, both inside and outside.
- To integrate the polarities thanks to a transcendent vision, from the point of view of a spiritual consciousness. The new paradigm is unifying: next to an analytical vision, it allows us to develop a synthetic vision able to contain, to integrate, to

connect, to understand, to raise, transcending the limits, the multiplicity and fragmentation of the personality.

- To give value to relationship based on the principle of interconnection and interdependence, from which derives the importance of solidarity and responsibility: what is sowed in terms of thoughts, words, feelings, actions, does not remain without effect in the world, on others, in following generations.
- On a cognitive level, it means to find meaning, purpose, and value in our own life, inserting it into a universal evolutionary process.
- On an emotional level, it implies saying “yes” to life unconditionally, to rediscover the joy of life, to love and to appreciate everything.
- On a volitional level, it means to be co-creators of reality, to be able to create and to manifest all that is consistent with the realization of the transpersonal Self.
- To simplify the external life on all levels: physical, psychological, food, economic, ecological, social. To turn the attention to inner wealth and values and higher qualities.

Assagioli, with his Psychosynthesis that we feel echoing in all the above points, was a great forerunner of new visions, which are grafted on ancient traditions of wisdom, both from the East and the West. It is not just theories, this is about embodying the new vision into a new consciousness, which is expressed in a new way of feeling, thinking, entering relationships, living in the world, nourishing the spirit.

WORLD PSYCHOSYNTHESIS DAY: 20TH SEPTEMBER

Translation by Mike Malagrecá

We think that all of us can feel the urgency of these times.

True, humanity has lived through many crisis, but the current one is of such extent and intensity as it has never been seen before: it is neither circumscribed to a specific context (be it religious, cultural, political, social or economic), neither does it involve only one isolated nation or continent... the present crisis is truly planetary; it regards all aspects of human life:

- On the material plane: we face unsafety on many planes; we find it hard to think of the future in terms of stability and this can make us feel deeply helpless when dealing with the abundance of serious challenges to our individual survival, that of the group and that of humanity at large.
- On the psychological plane: we are posing great existential questions, we are indeed facing ourselves; at this level there is the urgent need to recognize clearly our philosophy of life and be responsible and coherent, the need is to overcome confusion, the many layers of personal and collective glamour that engulf and divide us. We are being tested on our resistance and skill to adapt, to learn detachment, to cope with losses and to overcome fear.
- On the spiritual and ethical plane: this crisis unceasingly confronts us with human suffering, it questions our individual and collective responsibilities in the presence of separative attitudes, and demands that we examine the authenticity of our inner quest.

On the one hand, this crisis challenges us all; nobody can pretend to be blind or deaf to what’s going on, or seek refuge in a careless and useless “positive thought”. On the other, nobody can wait passively until the solution to our problems is magically offered by a given external