

# Quantum Mysticism

*Physicists do not need mysticism, and mystics do not need Physics, but humanity needs both. – Fritjof Capra*

One of the exciting developments that has been taking shape in the last decades has to do with the discoveries of quantum physics overlapping the fields of mystical experience. This is the true blending of the West and East, the knowledge of the scientist and the knowing of the mystic. For centuries these two dimensions were seen as polar opposites, completely divergent, without a meeting place. This polarization is now dissolving, and scientists are discovering in their world what mystics have been finding in theirs.

The most salient, and fascinating, point of convergence has to do with the role of the observer. Nick Herbert, in *An Introduction to Quantum Tantra* writes,

*Whenever an object is not under observation, quantum physicists represent that object as a "wave of probability". Instead of definite values for attributes such as position, velocity and spin, each of the object's attributes takes on a wide range of possible values, values that oscillate in a wavelike manner at a variety of different frequencies. Physicists treat an unobserved object not as a real thing but as a probability wave, not as an actual happening but only as a bundle of vibratory possibilities.*

*On the other hand, when an object is observed, it always manifests at one particular place, with one particular spin and velocity. This sudden measurement-induced switch of descriptions is "the quantum jump". What actually happens during a quantum jump is the biggest mystery in quantum physics.*

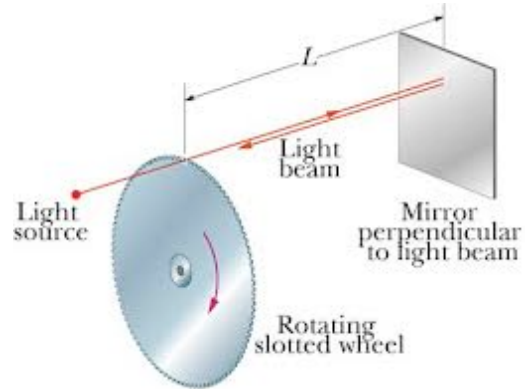
Scientific studies based on these principles have been extremely interesting. For instance, light beams passed through a slotted wheel behaved like waves when unobserved. Observed, they behaved like particles.

**This opens amazing doors.**

What we call "reality" then is not some concrete, already determined constant, it is shaped in response to observation. It is called into being by the quality of attention given to it. Now we have the basis for an understanding of the "how" in "You create your own reality". The implications are staggering.

Reality is not fixed, but malleable. And malleable less by actions and more by the quality of attention received. The atoms of the universes are thus seen to be waiting, in potentiality, to be shaped by the quality of consciousness that is brought to them.

Now we can understand the mechanism behind the recurring patterns that happen in our lives until we discover and consciously alter the prevailing beliefs that underlie them. What if what it's all about is not the hokey-pokey, but the quality of your consciousness? What if the nature of reality is indeed all up to you?



The Heisenberg Uncertainty Principle takes quantum theory's vibratory possibilities literally: the attributes of unobserved objects exist, according to Heisenberg, as possibilities, not actualities. The unobserved atom does not really have a definite position, but only a tendency, an inclination, to be in several possible positions all at the same time. The unwatched atom is not actually anywhere, but is potentially everywhere. In Heisenberg's view an atom is certainly real, but its attributes dwell in an existential limbo, a quivering state of attenuated existence that Heisenberg called "potentia", a world devoid of single-valued actuality but teeming with billions upon billions of possibilities.

More recently, Dr. Masaru Emoto demonstrated that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. Water from clear springs and water that has been exposed to loving words show brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors. Uri Geller bends spoons by his consciousness. Kinesiological studies show that the muscles of our body weaken when we imagine Hitler and strengthen when we imagine Gandhi.

All of this points in one direction – the creative, organizing power of where attention is focused. Gangaji talks of attention as being your meditation, your prayer. If your focus is consistently on "I am missing something, I need this, I'm afraid of losing that" then this is what the atoms of the universe begin to organize around. If our attention is instead drawn to what is always present right now then more of this is revealed.

**REALITY FORMS ITSELF TO MIRROR BACK TO US WHAT WE ARE HOLDING TO, CONSCIOUSLY OR UNCONSCIOUSLY.**

We all know that 10 people can witness an event and have 10 different interpretations. Who is seeing reality? ALL OF THEM, each according their own organizing principles. "Reality" is mirroring back to them their own positions. Once aware of this, the wise journeyer will cease arguing for the rightness of their view, and instead turn attention to what this points toward in themselves.

We are in the time of a great paradigm shift. Maybe when enough people relax deeply into the truth of their Being, "Reality" will suddenly look very different. Maybe you are the "hundredth monkey", the tipping point that changes it all. If it's all up to you, what will you remain true to? And if you don't have the freedom to focus attention where you choose, why not?