

# COSMIC CONSCIOUSNESS –

## A JOURNEY TO WELL-BEING, HAPPINESS, AND SUCCESS PART I: ARE YOU FOR REAL?<sup>A,B</sup>



James A. Cusumano, PhD

*“The best explanation we have is that something unknown is doing we don’t know what!”*

*Sir Arthur Eddington, British Cosmologist (1882–1944)*

### KEY CONCEPTS:

- **Physical Cosmology, which is based on classical physics, maintains that everything that has happened since the beginning of time, i.e., since the Big Bang, is a series of accidents.**
- **Conscious Cosmology, which follows from quantum physics, holds that consciousness is the true ground of being, and the consciousness that gives rise to your thoughts is also responsible for all of the intelligent activity of the universe. There is no such thing as an accident.**
- **Each of us, through our Personal Consciousness, is involved in the creative process of the ground of being, and we are also a part of infinite or Cosmic Consciousness, which has no beginning or ending in space and time – both Personal and Cosmic Consciousness are what physicists term “non-local,” and are intimately enmeshed forever.**
- **The only way to understand True Reality is through the “eyes” of your consciousness, and not through the “eyes” of your five senses.**
- **Each year, you replace more than 98% of the atoms in your body. However, your consciousness, constantly outlives the “death” of the atoms and molecules of your physical body through which you express yourself while you are alive. So, in “reality,” you must not be your body!**

In this series of articles, based on my recent book on Cosmic Consciousness, I intend to show that we are totally deceived by our five senses, and that True Reality is identical to consciousness. Based on recent findings in quantum physics, this leads to several surprising conclusions and a series of powerful techniques for living a more fulfilled life.

### YOUR PROBABILITY OF BEING

*“We don’t exist unless we are deeply and sensually in touch with that which can be touched but not known.”*  
**D. H. Lawrence – British novelist (1885–1930)**

“Why am I here? Where did I come from? Do I have a spirit or a soul? And if so, where will it go when I die? What’s the

probability of me being here in this universe, at this given moment in time? Is my very existence just a remote probability or an accident?” These are questions that most of us ask, sooner or later. Recent research has demonstrated that the connection between quantum physics and consciousness points us in a direction that could provide answers to these and related challenging questions. And fortunately, this connection can be expressed in a straightforward non-technical manner.

Let’s consider the simplest of these complex questions. “What is the probability of me being here in this universe at this very point in time?” If I think back only to my immediate grandparents, who put in motion the series of specific events that led to my birth, I am immensely impressed by the answer to this question. Allow me to make my point quantitatively by going back just a bit further in time. I had 2 parents, 4 grandparents, 8 great-grandparents, etc. If I go back just 30 generations – that’s all – the number of people directly responsible for my presence on this planet can be calculated from the following formula:

$$N = \sum_{m=1}^{m=30} 2^m$$

Don’t worry about the math; the interpretation of this equation is quite simple. **N** is the total number of people for all 30 generations directly responsible for me being here at this point in time, and **m** is the specific generation, 1st, 2nd, 3rd, etc. This simply means that we must sum  $2^1 + 2^2 + 2^3 + 2^4 + \dots$ , which gives  $2 + 4 + 8 + 16 + \dots$ , etc. all the way up to  $2^{30}$ . The final number of people is precisely 2,147,482,646 or about 2.2 billion people; not millions or hundreds of millions, but billions of people! And if one of them had been missing, died prematurely, or had not been in the “right mood” that one evening, I would not be here! And that’s true for you and for everyone on this planet. All you have to do is to go back just 30 generations, which to most people’s surprise, is a “family” of more than 2 billion people!

So is your life and presence here on planet Earth at this point in time just an accident or a coincidence? Is it just a total statistical improbability? Well if it is, that’s amazing! And if it’s not, then that’s amazing! It’s amazing either way! Your very existence should throw you into a state of sheer ecstasy.

*“If you’re not perpetually surprised by the fact of your existence, then you don’t deserve to exist.”*

**Rabindranath Tagore, 1913 Nobel laureate in Literature**

If we consider modern physics, evolution theory, geological records and molecular genetics, there are two broad schools of thought on the nature of **True Reality**. The first, **Physical Cosmology**, maintains that everything that has happened since the beginning of time, i.e., since the Big Bang, is a series of accidents (**Figure 1**). This includes your

very existence and the existence of our planet, which after all is but one speck of dust in an infinite void, somewhere in the junkyard of infinity.

### CONSCIOUS COSMOLOGY

The second school of thought, **Conscious Cosmology**, maintains that with bits and pieces of our everyday sensory experience, we cannot see the whole true picture. *What Physical Cosmology calls an accident is in this alternate way of thinking, part of a universe where everything is synchronized, everything is coinciding with, and everything is correlated with everything else in the universe. And in fact, there is no such thing as an accident.* This latter school of thought, **Conscious Cosmology**, is the subject of this series.

*Conscious Cosmology maintains that consciousness is the true ground of being. The consciousness that gives rise to your thoughts is also the consciousness behind all of the intelligent activity of the universe. This leads to the conclusion that there is no such thing as an accident. Each of us is part of the creative process of the ground of being and part of what we call infinite consciousness, which has no beginning or ending in time.*

Furthermore, this way of thinking maintains that there is a personal and a universal collective consciousness, and they are interconnected. *Personal consciousness or spirit or soul – whatever you choose to call it – cannot be contained in the geometric confines of a human body or the span of a single lifetime.* It is, as we will see when we discuss the implications of quantum physics for reality, “non-local.” *This means that your spirit or soul is not present in just one place in time or space, i.e., in space-time. It is present everywhere, and at all points in space-time. It always was, and it always will be.* Of course, this is not so for your body. As we will see in later discussions, non-locality has profound implications for the connections among people and things in the universe. To get to this point, we must answer the question, “What is reality?”

### WHAT’S REALLY REAL?

*“Reality is merely an illusion, albeit a very persistent one.”*  
**Albert Einstein**

There are three ways in which we generally seek to understand so-called reality. The first is through the eyes of the

<sup>A)</sup> **EDITOR’S COMMENT** – This is the first article in a new series based on the author’s recent popular book, **“Cosmic Consciousness – A Journey To Well-being, Happiness and Success.”** In this remarkable little book, published in both the Czech and English languages within one volume, and with an introduction by internationally-acclaimed author, Dr. Deepak Chopra, Dr. Cusumano explains in simple terms, the connection between Eastern Philosophical Wisdom, consciousness and quantum physics. He develops specific practices for living a successful and fulfilled life, regardless of your passion of pursuit.

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Figure 1: Physical Cosmology is based on classical physics and maintains that everything since the "Big Bang" is a series of accidents



senses, i.e., through the eyes of the flesh. If you want to know if there are craters on the moon, you extend the range of your visual sense of experience with a telescope to make this determination. If you want to know the shape and structure of a certain microbe, you explore its characteristics by amplifying your visual sense with a high-powered microscope.

The second way in which we seek to understand reality is through the eyes of the mind. If you want to understand the Theorem of Pythagoras, then you must know something about the principles of Euclidian geometry that exist in the mind. If you want to understand quantum physics you must understand the mathematics and physical principles that occurred in the minds of great scientists such as Schrödinger, Heisenberg, Planck, Bohr, Dirac, Born, de Broglie and others. As discussed later in this series, all good quantum physicists know, but most prefer not to discuss that quantum physics is directly linked to consciousness.

Interestingly, quantum physics is responsible for more than 30% of the world's gross domestic product, whether we use e-mail, speak on a cell phone, surf the internet, or have laser eye surgery; these technologies are all based on a fundamental premise of quantum science. That fundamental premise states that the material world is actually not material, that is to say, the physical world, as we perceive it with our five senses, is in reality, non-physical. This follows from the fact that an atom, which is the basic unit of what we call physical matter, is not material. We like to think of an atom as Isaac Newton did, a solid ball, but in fact it is not a solid entity. The atom is a hierarchy of states of information and energy in a huge emptiness. All of these conclusions come from looking at the universe by going inside the mind. This is the second way to understand what we call reality. But there is a third way.

The third way to understand reality is to look at the world and the universe through the eyes of your consciousness. The motivation for this third approach to reality is summarized magnificently in a poem by 19th century British poet, William Blake.

*"We are led to believe a lie, when we see with  
and not through the eye  
That was born in a night, to perish in a night  
While the soul slept in beams of light."  
William Blake*

What Blake is saying in this poem, and what scientists who study perception confirm, is that our five senses deceive us. We can never know the true picture of reality by trusting our senses. The reason for this is that reality through the eyes of the five senses is actually a projection of something that we cannot see, something that is invisible, something that we cannot imagine, something that cannot be conceptualized. And yet, it is something without which we would not be able to imagine, to think, to perceive – and

that something is consciousness. This comes directly from quantum physics.

We cannot trust our senses. After all, our senses tell us that the world is flat, but no one believes that any more. Our senses tell us that the ground we walk on is stationary, yet we know the earth is spinning on its axis at 1700 km/hr and hurtling through space around the sun at 112,000 km/hr. Our senses tell us that our bodies are three-dimensional anatomical structures and that we are separated by distance in space and sometimes in time, as you are there reading this paragraph, and I am here writing it. Well, as we shall see later in this series, all of that is a grand illusion! None of it is true.

According to **Conscious Cosmology**, the universe is an interdependently co-arising confluence of space-time events (i.e., present as objects in time – past, present and future) in a field of consciousness that is beyond space-time (i.e., no beginning and no end). Our senses are deceptive. When we look at each other, we see a three-dimensional anatomical structure that seems fixed in space and time. However, because the basic entity of construction of all so-called physical objects is the atom, which itself is not a physical object, our bodies are actually dynamic rivers of

Figure 2: We can never know True Reality by trusting our five senses. What we perceive with our senses is a projection of something we could never "see" and that something is consciousness.



energy and information, constantly in exchange with all of the elements and forces of the universe.

**YOUR PHYSICAL BODY**

*"The human body is a machine which winds  
its own springs."*

**Julien Offroy de la Mettrie, Author, "L'Homme Machine"**

The physical body with which you began to read this article is not the same physical body with which you are now reading this sentence. With each breath that you exhale, you release  $1 \times 10^{22}$  atoms, 1 followed by 22 zeros. And the majority of these exhaled atoms originated in every cell of your body. So, at the atomic level, you are literally breathing out bits and pieces of your liver, heart and brain tissue, and technically speaking we are intimately sharing our organs with each other all of the time! As the great American poet, Walt Whitman noted many years ago:

*"Every atom that belongs to you, as well belongs to me."  
Walt Whitman*

This is no longer a metaphor of poetry; it's a scientific fact of biology. If we draw an imaginary spherical container around the earth, and recognize the rapid dynamic exchange of atoms and molecules within the atmosphere throughout the entire globe with all living matter on the planet, we can do a calculation that demonstrates beyond a shadow of doubt that right at this moment, as you read this page, you have in your body at least 1 million atoms that were once in the body of Jesus Christ, or

Buddha, or Genghis Kahn, or Saddam Hussein, or anyone else you might care to imagine. Because of this constant exchange of atoms and molecules around the globe, in just the last 3 weeks, a quadrillion atoms, i.e.,  $1 \times 10^{15}$  atoms, 1 followed by 15 zeros, have gone through your body and have also gone through every other living species on this planet. So, envision a camel in Saudi Arabia, a taxi driver in Calcutta, a pigeon in China – you have atoms in your body right at this very moment that were circulating through these bodies, only 3 weeks ago.

In less than one year, you replace more than 98% of the atoms in your body with atoms from the global environment. At the atomic level, you recycle your liver every 6 weeks, your skin once a month, your stomach lining every 5 days, your skeleton every 3 months, and even your DNA, which holds the memories of millions of years of evolutionary time, i.e., the actual raw material, the carbon, the oxygen, the hydrogen, comes and goes every 6 weeks like migratory birds. So, if you think you are your physical body, you have a bit of a dilemma. Which one are you talking about?

I started writing my book on Cosmic Consciousness in 2009. The computer I am using at this very moment to write this article is the same one I used in 2009, but my body is now a 2012 model, and my 2009 model is dead and gone. It came from the dust; it circulated around in what I call "myself"; it's now circulating in other life forms on the planet and in part is back in the dust as well. So the actual physical body with which I started writing **Cosmic Consciousness** is dead; it's gone.

But as consciousness – and by consciousness I mean memories, dreams, imagination, inspiration, intuition, insight, creativity, and choice making – we are constantly outliving what appears to be the "death" of the atoms and molecules of our so-called physical body through which we express ourselves while we are alive. So, in "reality," we must not be our bodies!

**"Our bodies are just the place that our memories and dreams call home for the time being."  
Vedanta and Buddhist saying**

So if you could see the physical world as it truly is – not through the artifact of sensory experience, since your five senses deceive you, you would see a radically different universe. **Next in this series – "Where Does Everything Come From?"**

**James A. Cusumano, PhD**

<sup>1</sup> James A. Cusumano, "Cosmic Consciousness – A Journey To Well-being, Happiness and Success," Fortuna Libra, Prague, 2011.

**About the Author:** James A. Cusumano is Chairman and Owner of Chateau Mcely ([www.ChateauMcely.Com](http://www.ChateauMcely.Com)), chosen in 2007 by the European Union as the only "Green" 5-star luxury hotel in Central and Eastern Europe and in 2008 by the World Travel Awards as the Leading Green Hotel in the World. He is a former Research Director for Exxon, and subsequently founded two public companies in Silicon Valley, one in clean power generation, the other in pharmaceuticals manufacture via environmentally-benign, low-cost, catalytic technologies. While he was Chairman and CEO, the latter – Catalytica Pharmaceuticals, Inc. – grew in less than 5 years, to a \$1 billion enterprise with 2,000 employees. He is co-author of "Freedom from Mid-East Oil," recently released by World Business Academy Press ([www.WorldBusiness.Org](http://www.WorldBusiness.Org)) and the author of "Cosmic Consciousness – A Journey to Well-being, Happiness and Success," published in English and Czech by Fortuna Libri, 2011.