

Introduction to the Integrated Theory of Consciousness

The most basic premise of the theory postulates that there was one homogeneous virtually infinitely energetic substance at the origin of the universe with the initial emergent properties of matter-energy, space-time, and consciousness-intelligence. These six properties were totally and completely integrated and interdependent. Consciousness – intelligence began directing this basic substance from its simplistic origin to the extraordinarily complex state that the universe currently exists. It began approximately 13.8 billion years ago from a state of near infinite contraction and has been in a state of continual expansion and evolution ever since.

The theory combines our current understanding of quantum mechanics, general relativity along with consideration of superstring theory, the evolution of animal and plant life from simple to complex forms and how this relates to consciousness culminating in ordinary states of human consciousness as well as the currently recognized supraconsciousness states. The presence of the latter allows for any and all psychic phenomenon that many people have described. This could act as a firm basis for any future "theory of everything" since it not only embraces physics with

quantum mechanics and general relativity but necessarily includes consciousness as a primary integral part of the concept. It is presented as a qualitative description leaving it to the physicist to provide the quantitative mathematical rigor. The lack of extreme mathematical precision does not in any way detract from the complexities of the theory as presented.

The concept that the entire theory is based on was obtained in a supraconsciousness state which occurred in 1983 and would qualify as a peak experience as described by Abraham Maslow. When it was first published in book form in 1986 there was little scientific evidence to support it, however since then, there is now a rather large body of evidence available which would agree with its basic content. It was first presented as a scientific theory but was soon criticized because there was no way to adequately test it. String theory finds itself in a similar situation, the seeming elegance of string theory, because of the way most everything seems to fit together, continues to make it a very compelling explanation of our quantum world. I would respectfully suggest that the Integrated Theory of Consciousness provides the same type of compelling description because of the way that virtually everything in existence can be explained with all of the puzzle pieces fitting together. Perhaps even more important than the theory itself is the way in which it was obtained. It is postulated that peak experience can be the source of new higher order concepts including scientific breakthroughs. If Integrated Theory of Consciousness eventually proves to be true then this occurrence becomes one data point in some future scientific study designed to determine the importance of peak experience and the validity of this hypothesis. It is my very strong contention that supraconsciousness states can yield new higher levels of understanding pertaining to any topic that is important to the individual.

The central hypothesis presented in the Integrated Theory of Consciousness is that there is one solitary basic substance which permeates the entire universe with the six properties of matter, energy, space, time, consciousness and intelligence. Our reductionist minds have been incapable of making this leap. Einstein united space and time, which we now think of as space-time, and he also united matter and energy with his famous equation $E = mc^2$, however I would suggest that there is a preponderance of evidence to allow us to further unify those four properties and even take it farther and postulate that there are two more primary properties which we must account for which are consciousness and intelligence. Most neuroscientists

view consciousness and intelligence as an epiphenomenon that is manufactured by the electrochemical events that occur within the brain, however, this conclusion is not unanimous. I would respectfully disagree with this conclusion and unequivocally state that consciousness and intelligence are primary universal ingredients and any theory that fails to recognize this assertion will ultimately fail to be correct.

The Integrated Theory of Consciousness therefore presents the premise that there is one basic substance that permeates the universe with the totally interrelated properties of matter-energy, space-time and consciousness – intelligence and I would suggest that it might be named by the acronym “MYSTIC” giving it the same comic relief as the term “Big bang” for the origin of the universe.

MATTER
ENERGY
SPACE
TIME
INTELLIGENCE
CONSCIOUSNESS

For those who are interested there are many ideas that have been formulated by a large number of other individuals which are included in the book resulting in significant support of the theory. The list of individuals who are quoted in this treatise include the following in alphabetical order. Each provides evidence that supports the theory based on work that they have done. The list is partial. These names are provided to allow the reader an overview of many of the topics which have been integrated into this work. By scanning the table of contents and comparing this information to the names supplied, the reader might better assess his/her interest level in the presented material. These individuals are listed as follows: Alain Aspect, Robert Augros, Cleve Baxter, Ian Baldwin, Itzhak Bentov, David Bohm, Niels Bohr, Barbara Brown, Jeremy Campbell, Fritjof Capra, Eric Chaisson, David Chalmers, Massimo Citro, Peter Coveney, Charles Darwin, Paul Davies, Richard Dawkins, Kingsley Dennis, Marcel Dicke, Hoimar Ditfurth, Freeman Dyson, Arthur Eddington, Albert Einstein, Marilyn Ferguson, Alexander Friedman, Howard Gardner, Lila Gatlin, Stephen J. Gould, Stanislav Grof, Alan Guth, Willis Harman, Stephen Hawking, Werner Heisenberg, Roger Highfield, Douglas Hofstadter, Fred Hoyle, Edwin Hubble, Michael Hutchison, Carroll Izard, Julian Jaynes, George Johnson, Rolf

Landaur, Ervin Laszlo, David Layzer, Richard Leakey, Abraham Maslow, Stephen C. Meyer, JG Miller, Edgar Mitchell, Andrew Newberg, Isaac Newton, Heinz Pagels, Kenneth Pelletier, Roger Penrose, Michael Persinger, Max Planck, Fritz – Albert Popp, Ilya Prigogine, Richard Restak, Carl Sagan, Irwin Schrodinger, Gerald L. Schroeder, Gary Schwartz, Tom Siegfried, Rupert Sheldrake, George Stanciu, Leonard Susskind, Michael Talbot, Charles Tart, Frank T. Verstosick, Evan Harris Walker, Lyall Watson, Andrew Weil, Fred Wolf, JZ Young, Louis Young, Gary Zukov.

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