

## Monistic Idealism and the Gap by Brian Piccolo © 2008

If you have seen the movie "What the Bleep Do We Know" then you might have recognized one of the interviewed experts in the film known as Dr. Amit Goswami. Dr. Goswami is a theoretical nuclear physicist and member of the University of Oregon Institute for Theoretical Physics. He has written many wonderful books, two of which are "The Self-Aware Universe" and "Physics of the Soul: The Quantum Book of Living, Dying, Reincarnation and Immortality".



Monistic idealism is Dr. Goswami's hypothesis concerning the foundation of all reality and quantum physics. Monistic materialism is the main competing view with Dr. Goswami's view. Most physicists are monistic materialist. They believe that physical matter is the foundation of all reality and that consciousness is just the latest after effect or epiphenomena of matter. They do not believe that consciousness can affect matter because then consciousness would be affecting the very cause if itself. This is impossible for to the materialist physicist. Yet, at the quantum level of physics the very act of observing and measuring a wave converts a potential wave into a physical electron or photon.

If there is no observer then there is no collapsing of the potential wave into a physical particle. To get around this mind over matter implication, the material physicist insist that this is only true on the subatomic level of reality and has nothing to do with the macro world of large objects like chairs, tables, planets, and galaxies. Thus, material physicists have two physics, one physics for the micro level and one for the macro level of reality. They have created a paradox for themselves.

Dr. Goswami is able to answer this paradox by insisting that it is consciousness that is the foundation of all reality. Matter and mind are an after effect of the epiphenomena of consciousness. The consciousness that Dr. Goswami is referring to is transcendent and non-local. It is a consciousness whose center is everywhere and whose circumference is nowhere and unlimited.

According to Dr. Goswami we literally collapse the universe into physical existence. Just like the micro level of reality, the observer collapses the wave of potential into physical existence. It only takes twenty four frames per second on a movie clip to give us the illusion of continuity and movement. The macro world is actually being recreated forty times a second, so fast that our senses perceive it as being consistently always there.

Why then is there so much consensual agreement that we are all seeing the same thing? Should there not be a billion different universes for a billion observers? Dr. Goswami says no. Dr. Goswami insists that there is only one unified consciousness underlying all of reality. We as human beings, through our brain-mind experience the illusion of duality through our senses. Our lower egos' beliefs arise out of the brain's illusion of duality and are trapped by it.

How do we escape this brain-mind prison? We must meditate so that our ego's awareness can slip into the gap that exists between our thoughts. It is in that gap that we escape our brain prison and reconnect

with the one consciousness we all share. It is within that gap that we can begin to consciously co-create a better world for ourselves and others. It is here in the timeless gap between our thoughts that monistic idealism can be experienced and fully fathomed. It is here that enlightenment is remembered.

In summary, to be spiritual is to be scientific. Dr. Goswami and many other physicists like him are now proving that the spiritual world is real and can be pointed to as the cause of all reality. I highly suggest to anyone who is interested in this subject to consider reading Dr. Goswami's writings. They are an important connection between body, mind, and spirit for the sincere seeker of light.