

## **Is Consciousness the Unified Field? *A Field Theorist's Perspective***

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Progress in theoretical physics during the past decade has led to a progressively more unified understanding of the laws of nature, culminating in the recent discovery of completely unified field theories based on the superstring. These theories identify a single universal, unified field at the basis of all forms and phenomena in the universe.

At the same time, cutting-edge research in the field of neuroscience has revealed the existence of a unified field of consciousness—a fourth major state of human consciousness, which is physiologically and subjectively distinct from waking, dreaming and deep sleep. In this “meditative state,” the threefold structure of waking experience—the observer, the observed and the process of observation—are united in one indivisible wholeness of *pure consciousness*.

These parallel discoveries of a unified field of physics and a unified field of consciousness raise fundamental questions concerning the relationship between the two. We present compelling theoretical and experimental evidence that the unified field of physics and the unified field of consciousness are *identical*—i.e., that during the meditative state, human awareness directly experiences the unified field at the foundation of the universe.

We show that the proposed identity between consciousness and the unified field may indeed be required to account for experimentally observed “field effects of consciousness.” We present the findings of a *National Demonstration Project*—the largest controlled sociological experiment in history—in which 4,000 advanced meditators markedly reduced violent crime in Washington, DC.

We briefly explore the practical applications of proven meditative procedures for developing total brain functioning (“higher states of consciousness”), preventing social conflict, and promoting peace on a national and global scale.