Today’s technological interconnectedness allows for an unprecedented time in human history to come together. What can be automated will be automated. What cannot be reduced and automated seems to be aware. Consciousness is also defined as human awareness to both internal and external stimuli. “Awareness is all you really have... And all you really need.” – Gino Yu

The fascinating human mindbody and consciousness can be investigated experientially, creatively, and scientifically as never before.

How can we experience or increase consciousness, if possible? How can we go beyond binary and dual judgments? Current Western psychology still favors behaviorism since psychologist John Watson banned ‘consciousness’ in 1913. Until today, the attention model (1990) of psychologists Michael Posner and Steven Petersen has been used in psychology and accounts only for external stimuli. Is this model the only territory?

Twentieth century studies of the atomic and subatomic worlds have revealed the limits of traditional science, and instead suggested a radical revision of many of our most basic concepts, including matter, space, time, and cause and effect. These concepts are prevalent in everyday Western life and are widely considered fundamental to our outlook on the world. Physicist Andre Linde (1998) stated that avoiding the concept of consciousness constitutes an artificial narrowing of one’s outlook. He highlighted that our knowledge of the world begins not with matter but with perceptions. Quantum theorists have come to see the universe as an interconnected web of physical and mental relations whose parts are only defined through their connections to the whole. They have
abolished the notion of fundamentally separated objects, thereby introducing the consciousness of the participator to replace that of the observer, and have even found it necessary to include human consciousness in their description of the world. Maybe one day science will discover love as a unifying conscious force?

Sigmund Freud divided human consciousness into three levels of awareness: the conscious, preconscious, and unconscious. An international group of artists, researchers, technologists, scholars, and scientists, among them peers from Transformative Technologies and the Science of Consciousness, offer guidance to reach nonjudgmental awareness and enlaced love through awakening experiences. The description of their levels of awareness can be explained in three levels as well. The first level consists of concepts and stories with a degree of inaccuracy embedded in the daily life of gossip and subjective judgments. The second level is the realization that the inter-subjective experience in the moment is all there actually is. Quantum Bayesian Christopher Fuchs (2015) stated that a single objective reality is an illusion. Fuchs suggested: in the absence of our perception of the observer, and have even found it necessary to include human consciousness in their description of the world.

In Buddhism, the “mind” denotes an internal sense organ of reality. Can we communicate with the universe? The wonder of life is in the details of here, the grace of god or the universe, the beauty of the world, miracle of existence and innate joy of being.

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- Inhale through the nose or mouth deeply, as powerfully as possible.
- Exhale by letting gravity do the work, just let the diaphragm and belly drop.
- Just let go. With the long deep inhale, imagine your body expanding.
- Exhale by letting go. Let gravity take over.
- Keep a steady pace.
- Try to go faster and deeper with every breath.
- Keep smiling.
- Symptoms could be light-headedness, tingling sensations in the body, electrical surges of energy.
- After the 50 breath cycles, draw the breath in once more fully.
- Then – after the last breath – let the air out fully, and hold the breath.
- Hold the breath on empty lungs without force.
- And smile.
- Try not to think, as it consumes energy. Sense your body, bring awareness to different body part.
- Hold the breath until the gap reflex.
- Then, take a deep breath in. Hold the inhale breath for as long as possible.
- Smile.
- Repeat this breathing sequence a few times.
- You can probably hold your breath longer with more inhales, and less thoughts.
- Just be relaxed during breathing.
- Be relaxed while holding your breath.
- Breath.
- Breath in.
- Breath out.
- Be
- Smile
- Love
- hippocampus © 2016

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for a full list of participants and the calendar of events: https://apear.org/en/libronberry/bend.php

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