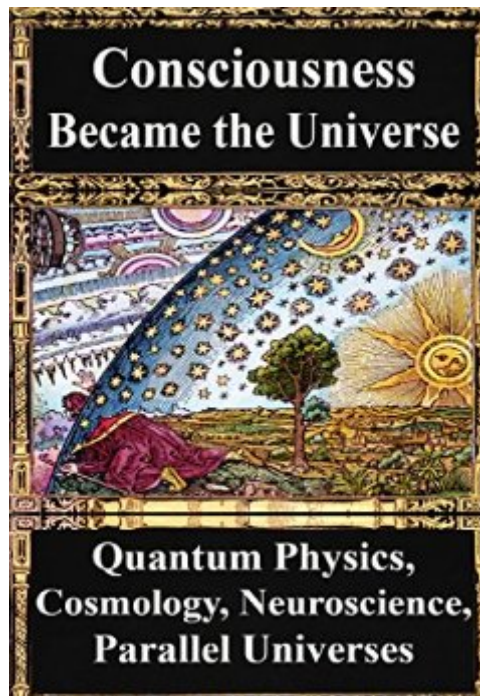


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# How Consciousness Became The Universe:: Quantum Physics, Cosmology, Relativity, Evolution, Neuroscience, Parallel Universes



## Synopsis

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## Book Information

File Size: 8784 KB

Print Length: 544 pages

Publication Date: October 24, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0174V7GCC

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #52,188 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13 inÂ Kindle Store > Kindle eBooks > Nonfiction > Science > Astronomy & Space Science > Astronomy #19 inÂ Kindle Store > Kindle eBooks > Nonfiction > Science > Astronomy & Space Science > Cosmology #19 inÂ Kindle Store > Kindle eBooks > Nonfiction > Science > Physics > Cosmology

## Customer Reviews

Quite detailed papers about various topics related to quantum physics; some of them describe connections with the metaphysical and paranormal phenomena from a scientific standpoint and most include descriptions of relationships with consciousness. There's a lot of mind-blowing stuff in these papers about time and how quantum physics necessarily means there can be future events affecting the present and the past and the observer's role in time perspectives, etc. I certainly did not understand everything but I did read it all and many of the scientific explanations are intriguing. There are conflicting theories and many present redundant views; one very lengthy paper was admittedly quite circuitous and the author kept repeating himself, which could have been edited down to a much shorter version. This book is a collection by numerous authors, who all present numerous references. I would not classify this as light reading and many readers may not enjoy this sort of book. It was obviously written for other than the layperson so be prepared to not understand a lot of this if you are not a not a classical physicist but I don't think you have to understand all the physics completely in order to enjoy the implications of many of the theories. Maybe some of this actually narrows the span between the individual and the cosmos, between the metaphysical and the scientific, between the material and the spiritual. Maybe, if even some of this is true, we might, in fact, be connected to everything else, to something larger than ourselves, and maybe there is somewhere to be found the elusive theory of everything that Einstein and others have quested for for so long.

Adding to the commendable review here, "Detailed and long but interesting", I would note that the terminology in the 30 separate papers is not entirely consistent, which adds to any confusion about the different viewpoints and arguments expressed. It is unfortunate that some final chapter was not assembled by a few of the most prominent authors, including in particular Roger Penrose, to integrate and summarize the principal points of consensus.

This is a really good book which explains a lot about consciousness and quantum physics. I received this book as a gift and it is fascinating. Its divided into different sections on different topics. It begins with two chapters written by Deepak Chopra and his colleagues, and they give a great overview of his philosophy about the spooky world of quantum physics. The chapters that follow are really good and describe how consciousness, the act of observing can change reality, and how consciousness might be linked to the universe; the cosmology of consciousness. The next Section goes into evolution of consciousness and the brain, and there are chapters about cave paintings from the Paleolithic and how the cave paintings represent the constellations and the stars of the universe. Roger Penrose explains how the brain acts like a quantum computer and is plugged into the universe. There are also really interesting chapters which explain how different areas of the brain are linked to different types of consciousness. The really spooky stuff is how time might be a circle where the future can effect the present, through entanglement, where everything is connected. There are several fascinating chapters about paranormal experiences and the connections to multiple universe and parallel universes. The second half of the book is more difficult that the first, but its worth the read. I think, if you want to understanding consciousness, and quantum physics, this is probably the best book out there.

Chopra is to be applauded for bringing together a diverse group of thinkers and scientists to tackle the topic of consciousness as the ground for the emergence of the universe. Unfortunately the arguments both for and against that notion are now getting worn. What the proponents of consciousness as the ground of all being tend to do is pick and choose the elements and findings of quantum physics that correlate with their views about the place of consciousness in the universe. The opponents likewise pick and choose the arguments of those physicists that militate against consciousness being anything other than an epiphenomenon of brain function. In this 31 chapter book there are also plenty of chapters that do some toe-dipping into either science or logic, but are not really serious chapters at all, and lengthy expositions of the authors' opinions that don't rise

much above the level of thoughtful drivel. The most disappointing shortcomings were that: 1) there was no effort to unify these diverse chapters, or give a sort of consensus statement or even an overview; 2) None of the chapters developed detailed models of the relationship between consciousness and the world that could be described mathematically. With regard to the latter it is disappointing and puzzling that Chopra (I assume as editor) did not include a chapter from Donald D. Hoffman.

This book is a compendium of articles written on the subject of the relation between human consciousness and the universe we inhabit. Let's be clear that this is no "easy read". A background of physics, biology, and cosmology are assumed. I however found it to be an eye-opening journey into a region of science that borders philosophy, metaphysics, and - yes-science!. I do recommend the book to those who are seriously interested in the issues relating our existence in the is universe.

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