

NEW SCIENTIFIC BASIS FOR TRANSPERSONAL CONNECTIONS

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The future of psychotherapy is the topic of this conference. But before we look into its future, it is important to observe the present of psychotherapy.

One of the fundamental aspects of psychotherapy lies between the psychotherapist and the client. Many therapists understand that there exists a certain 'connection' that serves the vital role of helping to solve psychological issues.

Such a profound connection can be explained scientifically, in terms of quantum physics with cutting-edge findings of recent researches. This new scientific explanation provides a fresh understanding towards achieving a full integration of orthodox, modern and traditional psychological healing. It also provides a new base for the therapist and client connection, which in turn offers the foundation for a new consciousness and a new theory of human cognition in comprehending the paradigm-shift in psychotherapy for the future.

We now ask, what does quantum physics have to do with the psyche, and how does the realization of new theories aid the evolution of psychotherapy? Here we review the principal features that brings to light new facts and facets of an emerging worldview.

Fundamental shifts are on the horizon. We are experiencing a thorough transformation in economics, in business, as well as in politics and in civil society. These “worldshifts” include a major development in science characterized as a paradigm-shift.

Science is not the immutable enterprise of observing the world around us and describing our observations; it's subject to change. Change in science is triggered by new and unexpected, and initially unexplained observations. These produce the radical changes scientists call scientific *revolutions*. They impact on far more than science: they open fresh vistas for all of us. It is important to get to know the nature of science's next revolution—what triggers it, what view it gives us of the world, and what it means for our own life and for our shared future on the planet.

Theories in science are not indefinitely tenable. For a while they explain the facts that come to light in the relevant fields, but when key observations fail to mesh with the dominant conception, the theories are either revised, or they break down. The enterprise of science advances through such “paradigm-shifts”—the periodic renewal of its fundamental conceptions. There was a paradigm-shift at the turn of the 20th century when key observations failed to mesh with the basic assumptions of Newtonian physics: scientists soon abandoned those assumptions and adopted Einstein's revolutionary theories in their place. Today relativity theory itself fails to mesh with new observations, and the challenger, quantum theory, is not free of problems either.

The astounding—and for the established theories entirely “anomalous”—observation is the presence of instant, space- and time-transcending interconnection among nearly all the things scientists observe in the principal fields of investigation. It appears that we live in an integral universe where all things affect all other things. In this universe all things are connected, but they are not just locally connected, at a given point in space and time. They are nonlocally connected over *all* points. As a result the natural sciences find themselves on the horns of a dilemma. Maintain the dominant conception and hope to adapt it to the new findings—or create a new and different conception? The latter is a paradigm-shift. When it comes—and now it appears that it is coming—it will be the shift from a fragmented and incoherently Newtonian, relativistic and quantum-based paradigm to a coherent and integral interconnection-based universe.

Everyday experience is dominated by information conveyed by the senses: the sights, sounds, smells, flavors, and textures of the world that surrounds us. Until recently most scientists maintained this is the only information we receive from the world beyond our body. This reduced human experience to sensory data. New developments in cutting-edge neuroscience show that the classical concept is outdated.

Sensory information is processed by neurons connected by synapses in a neuroaxonal network. This network was considered the sole basis of our perception of the world. It turns out, however, that the neuroaxonal network is not the only mechanism that processes signals from beyond the body. There is a vast hierarchy of networks below the level of this network, extending all the way to quantum

dimensions. This hierarchy of networks likewise processes signals from the world, albeit in a different mode.

New science tells us, that mental activity can be correlated with the activity in the brain but it cannot be reduced to brain activity only. Neurophysiologist Stuart Hameroff, physicist Roger Penrose as well as others suggested that the network of microtubules in the brain process signals originating beyond the body on the quantum level. Recently discovered subneuronal quantum-level network of networks denote that we have two modes of experiencing the world, “perceptual–cognitive–symbolic,” and the other they call “direct–intuitive–nonlocal.” The former processes signals coming to us from the manifest dimension, whereas the latter processes signals that originate in the dimension of the unified quantum field.

Sense–conveyed information gives rise to the sights, sounds, textures, and odors that dominate our everyday consciousness, while quantum–resonance based information conveys subtle effects such as images, insights, and intuitions. These do not necessarily reach our conscious awareness. Perception is a highly selective process. The brain is a collection of nerve cells that function as multi–layered frequency receptors, and these are selective as regards the signals to which they respond. Due to conditioning from early on in life, each receptor becomes wired to receive a particular frequency. The act of “tuning in” to the information coming to us from the world means picking–out the frequency patterns that are familiar from an ocean of patterns and frequencies that is unfamiliar and thus unrecognized and ignored. We have difficulty in recognizing, even perceiving, unfamiliar patterns. The transfer of unfamiliar signals to conscious awareness is usually blocked. To facilitate such signals to cognitive centres could be achieved via entering an altered state of

consciousness. In an altered state quantum–resonance based information is not repressed and can reach conscious awareness. This gives rise to subtle intuitions, such as those conveyed in dreams, white dreams and daydreams, and in the images, sounds and messages that emerge in deep prayer and meditation. The hypnologic states that mark the transition between sleep and wakefulness are particularly suitable to convey quantum–resonance based information.

Psychiatrists and psychotherapists have described the remarkable experiences that surface in altered states of consciousness. The experiences include spontaneous contact with persons, things and events one could not have experienced in the classical sensory mode. Psychiatrists practicing regression therapy find that some of their patients access people and events from what appears to be a previous life. So-called “psi–phenomena” occur more frequently in altered than in normal states; telepathic and clairvoyant abilities are surfacing.

The classical concept of cognition needs to be revised. We are not limited to experiencing the world through our five senses. When we become conscious of the signals processed by our brain’s subneuronal networks, we transcend the range of our sensory organs. In that quantum-resonance-based mode our conscious experience is infused with nonlocal elements.

To transfer the information we receive in the quantum-resonance-based mode to our conscious awareness most people need to enter altered states of consciousness. In such states the two hemispheres of the brain function coherently, and information that reaches the brain’s quantum–level arrays finds its way to the centers that code waking consciousness. The flow of consciousness becomes enriched with feelings and sensations that connect each of us with other people and with nature. We become

consciously connected.

The concurrent understanding about the fundamental reality of the world was and is still reflected in the different strands of psychotherapy as well as other dimensions of life. Enlightenment and modernism has differentiated mind from the body thus biological psychiatry assumes that the brain is the seat and the origin of the mind, and uses drugs or similar interventions to influence the mental state.

Cognitive therapies, psychotherapy, neuropsychiatry and other approaches specialize on various sides of the Cartesian divide. Bridging such a divide has been a long process and the central task now is integration in order to achieve the best therapeutic effect.

But how you may ask? First, it is important to get to know science's new paradigm, the fundamental nature of the world that I briefly introduced in this paper. This is not just a world of things moving about in space and time; that is only the surface. Below it there is an interconnected, holographically "in-formed" and fundamentally whole world where all things interpenetrate with all other things. A world where all things create themselves and through these "cosmic connections" create all other things. Second, because the realization that we live in a fundamentally whole world prompts us to think and act differently. After all, we are not outside or above the world; the world is in us, just as we are in the world. What we do affects the world, and through the world affects us.

Knowing that the world is intrinsically whole and locally as well as nonlocally interconnected changes the way we relate to each other and to the world. It gives us an aspiration toward wholeness and coherence; a more evolved consciousness. This new scientific basis for transpersonal connections is the future of psychotherapy.