



Science behind Consciousness

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Abstract

Body and mind are two different entities, where the body changes and grows with age, but the mind maintains its identity and continuity, otherwise a person may be a mere body, not any living being. The fact of this continuous identity of a human being with consciousness can never be explained only for the body cells which change tremendously after every seven years. The body may be exhausted with physical energy, but the mind or consciousness may feel exhausted only when its psychical or spiritual energy depletes. Body grows in age with years, while mind gets wiser in its regular experiences. Any body part like heart may grow weaker in age, but the mind and intellect have their metaphysical power either positive or negative. Therefore, body is physical i.e., cellular and molecular and are subject to the laws of chemistry, physics and physiology, but the mind is psychic, spiritual or metaphysical. This is very important to understand consciousness and its qualities because the whole social structure is built on the acceptance of the existence of a self-awareness of the person having the unity and continuity of experience and seems to have a past and a future. Many scientific experiments have been performed to prove the consciousness within humans. Some researchers claim consciousness being originated from the brain, whereas some claim consciousness not being the matter of brain, rather beyond the epiphenomenon of brain.

Consciousness may be restricted to body or body pleasure only which is called body-consciousness or it may function beyond the pleasures of body when the consciousness is elevated due to attaching the soul, it is called the soul-conscious state. Consciousness is the basic reality on which all other understanding is built up. Consciousness can create the positive qualities like joy, love, peace, compassion, simplicity, tolerance, honesty etc., and at the same time it may create negative qualities also like hatred, jealousy, anger, greed, criticism, intolerance, dishonesty etc. The same person can create positivity or negativity from his/her consciousness through conscious choice.

Keywords: Consciousness, Mind, Intellect, Psychological, Spiritual, Body-Conscious, Soul-Conscious, Metaphysical, Self-Aware, Epiphenomenon, Conscious Choice, Kalpa Chakra.

1. Introduction

Western concept of consciousness is mostly restricted within the periphery of brain, nervous system and different endocrine and exocrine glands. They are still not ready to accept human consciousness as a metaphysical entity and not being the epiphenomenon of the biological system, the matter of biophysics or biochemistry. It is perhaps imaginary to them that consciousness is not at all limited to the brain activity, but connected to the sentient soul which is functionally over and above the brain capacity. The relationship among the body, mind and consciousness has rightly been described in Indian philosophy and with regard to this connection we choose to perceive the close link between the man, mind and matter. Consciousness may be defined as one's awareness of unique thoughts, memories, feelings and sensation; whereas, matter is nothing but just a tangible perception of the mind which itself is metaphysical in existence and function by means of human conscience. Body just plays its role as an instrument through which the soul functions as a sentient being. Body is made up of basic five constituents of the nature namely soil, water, air, fire and sky. If we go through the chemical constituents of the physical body, we will get earth and space-bound matter components in various combinations. The different systems of the body are made up of different organs comprising variety cells and tissues formed of proteins, fats, minerals, macro & micro elements etc. Whole body functions as complete machinery in a holistic manner with the help of different nerves and variety hormones, enzymes and biochemical components in blood and tissues. Many biochemical and biophysical processes are always running within the body to cope up with different external and internal situations. Body being the temporary living instrument, can touch, smell and visualize the matter with the help of five senses via

sensory nerves and respond through motor neurones. Primary sense is being created in the mind and hence mind can perceive everything without eyes or ears. In sub-atomic level, consciousness or mind acts on the matter and influences it. Mind may be defined as one of the main faculties of the soul along with two others, intellect and sanskar. Mind and intellect are the subtle faculties of the embodied soul which radiates metaphysical energy and function as emotional and mental body. Consciousness is not limited to the brain or not created due to any biophysical or biochemical activities. Brain definitely controls the whole system of the body through endocrine and nervous system and thus if the brain is considered as the CPU, the endocrines and nerves are treated to be the important support system. Soul or psyche is the non-physical entity which can experience peace and bliss which brain cannot. The brain and the body are the mere mechanism for arousal of emotions, but they are not supposed to be any conscious entity.

2. Scientific Basis of Consciousness

Since 19th century, scientists began to hypothesize that mind could be linked with both conscious and unconscious mind and in physical level, cerebral cortex is involved in this process (Ferrier, 1877). Scientists started experimentation of visual consciousness through the studies of the patients suffering from amnesia, split brain and blind spot differentiating between behavioural performance and conscious report (LeDoux *et al.*, 2020). The researchers have correlated consciousness with neuroscience. Once Nobel Laureate Francis Crick dreamt of decoding consciousness in the similar way which he utilized in 1953 to decode the DNA structure (Crick & Koch, 2003), searching the minimum neural mechanisms sufficient for conscious perception (Koch *et al.*, 2016). Psychological neuroscience has become the field of psychology instrumental in resuming the study of consciousness and to project an empirical formula for the future (LeDoux *et al.*, 2020). They tried to establish the subject of psychology as a science of consciousness (Michel *et al.*, 2019). Empirically derived multidimensional approach might be instrumental to reconcile the different theories of consciousness and to assist the development of various methods to define consciousness from different angles. Still there was limitation in true understanding about consciousness because the main extract from all of their experiments could not reach any other conclusion beyond the brain and neuronal science.

Somewhat different opinion was available from J. Krishnamurti, an eminent thinker on philosophical and psychological revolution, who reiterated the need for a revolution within every human being and put forward the view that such type of revolution could not be produced by any external activity i.e., religious, social or political. That would be brought by a holistic transformation from within through an insight into the various layers of consciousness (Krishnamurti, 1987). Krishnamurti never offered more to life, instead he was a subtractor of everything that stood between his self and his life (Bragdon, 2006). He revealed the fact that most of our troubles emerged in our conscious mind due to fear from life. If we trust life instead of fearing it, it will never betray us (Krishnamurti, 2000⁹). He states that the fruit of intelligence is to bring the unconscious into consciousness and thus to elevate the human conscience where there should not be any conflict. The entire mechanism of consciousness will give rise to awareness, perception and experience of affection (Krishnamurti, 2010¹²). J. F. Kihlstrom (2022) mentions that conscious states are not just connected with the working memory, but might have mental link also. He comments that consciousness has to work with two things, monitoring us and our environment. All conscious experience refers to the self as a stimulus or experience of certain mental states of the patients with some actions (Kihlstrom, 1993a, 1997a).

Consciousness is the self-quality of the soul and it is singular, not plural like the bodies. In conscious and sub-conscious state, brain definitely controls the body and its thousand activities i.e., amygdala regulates the alarm centre governing the emergency survival mechanism, prefrontal cortex responsible for emotional control, cognitive skill and to focus attention, but still brain is not self-sufficient. Brain is always under the control of mind for each and every functioning. Thus, we can say that the brain is the CPU of the body computer, the different brain parts as the vital internal components and the body is the hardware along with many external peripherals. Brainstem may be compared to the system software and mind the application software. Wherefrom do these inputs come? The answer is that all the inputs come from life events either from the external stimulus or from the inside stock in memory which first enter into the mind and after certain processing, mind places the same before the intellect. Intellect, being the decision making faculty, takes the decision in a very subtle way with the help of conscience which is to be treated as the operating software. Within fraction of seconds, the decision is communicated to the hypothalamus through quantum waves of momentary photon fields. The experiment of the neuroscientist Wilder Penfield (1951) shows that cerebral cortex is not the seat of the mind because he proved that a man can live and have

consciousness even if he does not have the two cerebral hemispheres (Jagdish Chander, 1988). Some researchers in the field of psychology still believe that consciousness is the product of the brain activity, but medical evidence on the basis of study of patients suffering from brain injuries supports that the consciousness is a separate entity. Vincent H Gaddis (1948) has given many examples of persons who continued to live and think normally in spite of their brain damage, partly or fully.

Thoughts do not occupy any space and hence not destroyed by time. The more we think about any idea or concept, the more it gets set in our inner mind. Thoughts, ideas, concepts, experience and consciousness are the manifestation of the metaphysical energy form. The locus of the memory remain in between the upper brainstem and the hypothalamus which indicates the presence of an entity thereon which is nothing but the point of light, soul. From outside, the soul is located in between the two eyebrows which is the point mark of sandal paste or vermilion. Attention and consciousness are closely related. The soul is located close to the hypothalamus, near the upper part of the brainstem which has reticular activating system (RAS). The evidence says that the RAS is an instrument to receive the external stimuli, sending the same to the hypothalamus via thalamus in the form of coded quantum messages and the soul being the conscious entity takes cognizance of those impulses (Swapan Rudra, 2015). As the Soul is a non-physical entity, it cannot be perceived directly by any wavelength of electromagnetic spectrum. Physical parameters i.e., mass, volume, time, velocity and weight cannot be applied to the soul directly. Soul has consciousness as its inherent quality which manifests in various forms such as thoughts, belief, imagination, understanding, will, remembering, learning, intention, emotion, judgement etc. Consciousness acts through mind, intellect, impression, memory and emotions. Sanskars from the subconscious and supra conscious minds are continuously influencing the thoughts, feelings and emotions. Sanskar is the repertory of the past events, ideas, concepts, beliefs, desire and memory which are actually the stock of different energies in different frequencies. Thought manifests in the form of quantum field which has no mass. At micro level, it influences the related nuclei in the hypothalamus which trigger the pituitary and set up neuro-electrical impulses at various organs and tissues. The state of supra consciousness gives the person high ideals, noble goals and positive ideas. Positive and elevated actions are those performed in the state of being soul conscious which always bring benefit to others.

3. Medical and Experimental Proof of Consciousness

Consciousness is an essential characteristic of a living being. Chromosomes, genes, DNA, RNA, proteins etc., have only some biochemical functions and do not have the ability to think, feel or express emotions due to devoid of self awareness. Only the medical and clinical proof can settle the controversy establishing the fact that consciousness is not an epiphenomenon of brain as depicted even from the example of an unicellular Amoeba which has no brain or any special organ for remembering, but still it has its memory wherefrom it can learn to some stimulations. In 1924, Mass and Pusch proved this by their scientific work named 'Modification of response in the Amoeba'. Consciousness is one of the attributes of the soul which may either be manifested or may remain dormant according to the mode of life. Though life and consciousness are closely related to the physical system, but still there is having two different meanings. The body cells may be in living state only for sometime even when the soul is left, but in this state, the body does not have any consciousness. In contrary, the soul with its consciousness and qualities can exist without a material body. Consciousness can function outside the physical body and thus it is clear that the brain dies but the soul exists. When the soul leaves a body, all the bodily processes are ended simply because that one who so far continued the life processes is no longer in the body. Physical body with all its constituents including brain is the medium through which the soul expresses all its desires and necessities for life sustenance. In 1954, Nobel Laureate John Eccles has given many arguments and much evidence to say that besides the body and the brain, there is a self-conscious mind or the soul. On physical level, there are probabilistic fields of quantum mechanics without having any mass or physical energy, but instead it can exert effective action at the micro level. It now seems possible that the mental events which are of non-material nature, can act on probabilistic synaptic events in the manner analogous to the quantum mechanics.

4. Consciousness of the Soul

Consciousness is never experienced in the plural form, rather experienced only in singular form. Plurality has also been emphatically opposed in Upanishads also. In sub-atomic level, consciousness acts on the matter and influences it. When the condition of the body comes to such a condition as the essential activities of the soul do not continue in right manner, the soul feels inconvenience and quits the body. Where there is highest mentation, there is lowest cerebation and when cerebation is lessened, the conscience is elevated so high that the man could see and hear from a great distance. Brain can only experience 3D objects whereas outside the body, the soul can have multi-dimensional experiences including clairvoyance,

clairaudience, prophesying, precognition etc. The soul can think, feel, remember and learn even without a brain, though brain is a useful instrument of soul for better manifestation through the body. The conscious mind dies when the physical body dies, only the subconscious and supra-conscious mind survive even after death. The universe is a fluctuating ocean of consciousness with all the time occurring simultaneously and we are intimately connected in it. The state of consciousness is the result of interaction among the mind, intellect and sanskar. Science can go a long way in search of consciousness, but a moment will come when the true universal consciousness could mould the science changing the scientific minds in a new direction.

The state of consciousness may be termed as the product of the three faculties of the soul working together in a precise and integrated manner. The universe is a manifestation of the conscious energy field and it is different in different states of consciousness. Even knowledge, vision, perception etc., are different in different states of consciousness. The dynamics of conscious thought occur on such a minute scale and involving such an infinitesimal exchange of energy that the actual phenomenon of consciousness could only be explained through quantum mechanics as also proposed by the Nobel Laureate physicist Neils Bohr. Max Plank also mentions in 1931 that consciousness cannot be explained in terms of matter and its laws. He states that consciousness is fundamental and the matter is the derivative from consciousness. No one can go behind consciousness and everything we talk about or everything we regard are the existing postulates of consciousness (James Jeans, 1932).

Nityananda Nair (2008) mentions in his book that majority people go through life by Walking, Dreaming and Sleeping states of consciousness, but besides these three, there are some other levels of consciousness as mentioned below ---

Turya (soul consciousness)—It is experience when conscience goes beyond walking, dreaming and sleeping having a glimpse of the soul.

Turya-Tatta (cosmic consciousness) ---It is the ever-present witnessing awareness that may be called as silent witness. It means that when my body is asleep, my consciousness is observing the body also. In cosmic consciousness, we have both local and non-local awareness at the same time. It is mentioned in the new testament when Jesus Christ says—‘I am in this world, but not of it’. In this type of consciousness, one is alert to play his role, but at the same time, he is not to play the role.

God consciousness --- This consciousness is beyond the cosmic consciousness which is created due to different functioning of the nervous system responsible for biology, perception, cognition, feeling, emotion, social interaction and behaviour of nature. All of these shift in each shift of consciousness. Human nature shifts because nature is very much dependent of the consciousness. In God consciousness, we become aware of the ever-present witnessing awareness as the object of my perception.

Unity consciousness --- This type of consciousness is due to intellectual and experimental realization showing that there is only one witness and the whole universe is the manifestation of that one witness.

5. Difference Between Body Conscious and Soul Conscious State

Body consciousness means constant thoughts for only body-related activities in the form of eating, sleeping and satisfying the physical urges. Vices generally take shelter in idle bodies in different forms. Body itself is a high-tech accurate machine through which the soul functions and hence body is called the chariot of the soul. Conscious mind always works through the body through its different organs and systems through the activities of the brain and its correlates, whereas the subconscious mind functions in a different level when the body is asleep or in trauma. Continuing life without body consciousness is very difficult and it depends on the mentality of the particular person. Normally the burdened mind cannot imagine the soul conscious state, whereas the free mind could easily do so. But the big question is that how I will identify the burdened or free states of mind in respect of mine for my own purpose of advancement. When I observe the other person and judge him, I always mix my own ideas and thoughts as extra labels to that person, known or unknown. That means it never be without prejudice or partiality, because neutral state cannot be maintained easily. Instead, sometimes, from apparent look, the mental state of a person may be somehow guessed. Mental state reflects through the face being the index of mind and by behaviour. Opposite things may also happen, in case of some persons there should not be any trace of anxiety or agony in their facial expression. They try to suppress their inner turbulence so that expression could not come out in surface.

Negative emotions always harm the body as well as the soul. Any kind of forced suppression of negative thoughts in mind causes a lot of psychosomatic diseases. Sometimes it is seen that body conscious people are physically strong and stout and they are satisfied by their own. They generally do not pay any attention to others problem, they only react when something is

wrong against them as they think so. They are easily indulged at that time for any type of bad things by bodily impulse. Body conscious people generally do not think of others except for those of same mentality. They do not want to come out of their narrow boundary of thoughts. They can hurt any person easily by their rough attitude, quarrelsome behaviour using slang languages and raising hands in futile matter. They can do any harm to anybody for their own benefit as mostly they are devoid of any fellow-feelings for others. There is a huge difference between such majority body controlled people, may be harmful for others and few mind controlled personality who never does any harm to anyone. They themselves suffer, but do not try to take any revenge. Though humanity says that man should not be vindictive, but in the present world, the majority people are under this vicious trap. Body consciousness comes from different factors, but the guiding factor is one or the other from lust, anger, ego, greed, attachment, enmity, hatred, jealousy, hoax and laziness. We can hardly think that in the present world anyone can live without body consciousness.

There remains a time when people lived in soul consciousness for a period of 2500 years during the first half of the Kalp because of viceless life. Later, since *Dwaparyuga*, vices gradually started entering of which number one was body consciousness and then lust due to taking the forbidden apple. This impurity persists still now within the humans and also in the environment. Other vices like anger, greed, attachment and anger remain in series behind the lust and come one after one as they are very closely link with one another. It is very interesting that body is an innocent medium carrying out the order of his master, the soul. So sin does not stay in body, but it is in mind. Either sinful or virtuous activities become imprinted within the sanskar one after one throughout the life time of a person and final result comes out as per the stock of sins or virtues. When someone becomes the detached observer of his own self, he would see that he is not bound within limitation. If one insults the other, the latter's anger or irritation becomes visible on his face. In soul conscious state, there should not be the slightest feeling inside us. Until we could not find the lacunas within ourselves, we will not be able to catch the right path. But the big question is how to find my own faults, because I do not think myself guilty. We all have faults, though only few confess the same. He, who confesses, can progress. So it's not my duty to take charge of others, I have to take my own responsibility to develop my inner self. I can scrutinize my own faults and being the best judge of myself I could solve all the problems, if I want to do so. I understand that bodiless state reflect elevated thoughts and emotions because in that state the self comes out of illusion and could see another world, completely different from the present. Bodiless state

does not mean the existence of soul outside the body, but not connected with bodily affairs. When the soul returns to its original status burning all the vices stored so far while playing the role in live drama, that state may be termed as the soul conscious state, somewhat like after-death experience, having the capacity to imbibe Godly qualities instantly. God is always radiating his energy all around the globe, but we are unable to accept the same due to our own blockages. Only when we remember Him in pure mind, we get His touching. Soul conscious state automatically brings us closer to ourselves and even the animals and nature. Every day we notice few incidents as the kids are playful with the pets and even outside, a tiny baby could neutralise the anger of a bull through his pure and powerful vibes. Meeting of the souls to the Supreme Soul may be called as the meeting of the children with their Father. Not only worship, but remembrance of God is for being in the same Ship of God which is going to start its voyage to our actual Home in the incorporeal world, Paramdham. Present moments are to acquire the original soul qualities of power, purity, happiness, peace, love, knowledge and bliss within ourselves burning the thorns of vices at any cost taking the helpline from God in this beautiful confluence age targeting the big shift from extreme *Kaliyuga* to the land of heaven. Before birth and after death, soul does not have any body, only sanskar and subconscious remain in it. Deity souls start gradually becoming body conscious when *Treta* shifts to *Dwapar* turning the decorous deity into indecorous human.

6. Shifting Body Consciousness to Soul Consciousness

Once mind cleaning process is started burning the negative sanskars, the soul begets its original pure state. This is soul consciousness or bodiless state instead of having a body. Minimum requirement of food, drink, rest etc., is essential for normal physical activities, but anything extra or any abnormality in it will be treated as body consciousness. That is why **Shiv Baba** says that purity is the mother. Evil spirit or ghost may be without body, but may be with vicious tendencies. When the soul becomes pure even while staying in a body, that state may be treated as bodiless. Natural soul conscious state remains during the golden time of *Satya* and *Tretayuga* among the divine people. But later, we have lost a lot degrading ourselves accompanying the vices in the downward motion of the Kalpa Chakra. At this Diamond Age, Ever Pure and Almighty Gita-God has come to make all the souls into bodiless state for return journey through Godly knowledge and Rajyoga Meditation. At present, all the souls are in the process of purification number-wise according to their grade and quality. One who has nearly attained the soul conscious state, he will be full of inner power, peace and

bliss. In any situation, big or small, in terrible scene or in natural calamities, he will be stable and may be a source of giving strength to others (Swapan Rudra, 2017).

To be in bodiless state, one has to forget his own body, body relations, relatives, other people, the world and the time, but all these will happen through the application of intellect. God is saying the truth and giving right directions since 1936 through His Murlis for the humanity so that they could attain the soul conscious state. Attention is to be given to the following special points—

*True love for God helps forget the world.

*True friendship with God helps forget the time.

*Godly attributes help forget the time.

*Just thinking that ‘I am a bodiless soul’ would be the most appropriate method to be in bodiless state.

7. Conclusion

Emotion is the important aspect of human consciousness as the brain is involved in emotional exteriorisation giving the trace of the seat of the mind or soul. Experiments proved that the hypothalamus is the important centre in the mechanism of controlling emotional exteriorization which supports that the hypothalamus is the seat of emotion arousal. It clearly shows that the hypothalamus, thalamus, prefrontal lobes, amygdala and the brainstem function behind the mechanism for exteriorization of the emotion, but the emotion is only to be felt by the mind, may be of conscious and subconscious. Mind and intellect are the invisible functioning faculties of the soul. Actually they are the soul’s faculties which work through the brain, endocrine system, nervous system and other organs of the body. We have observed in this paper that the western thoughts do not believe in existence of soul, though they all are aware about the mind or psyche. Somewhat similar perception is noticed from some Indian researchers also about their view on mind. They say that mind is related to the functioning of the brain and it has no autonomous existence beyond the brain. Even they define mind as a physical substance in the form of finer matter and it is a single entity having its base in the brain but distinct from it. Mind borrows its light time to time from its source. According to them mind is simply what the brain does. From the functional point of view, mind is the subjective manifestation of the consciousness (Tania Narula, 2019).

From our ancient Vedas and Upanishads, we could learn that mind is not only a finer matter, but also an entity wholly separate from the body. Vedanta philosophy always supports the

existence of soul which survives even after the death of the body in the form of spirit. Many scientists including Nobel Laureates John Eccles, Erwin Schrodinger, Charles Scott Sherrington and Eugene Wigner have said that study of consciousness is of primary importance for life. We know that our sentient soul is the sole programmer which functions through its own faculties. We also know that thoughts enter first into mind either from the external senses through sensory activity of the nervous system or directly from the sanskar. Mind nurtures that thought for some time and then it is forwarded to the intellect which processes the thought to extract a decision in support of the consciousness, the operating software. Only the conscious nature of a person can decide the things either positive or negative and hence the position of consciousness is above the faculty of intellect. People with ordinary or low-level conscience often fail to take the right decision at right time, mediocre or high-level conscient people can take the right decision, but quality of decision depends on the quality of thoughts and functioning of the inner consciousness. God reveals the reason behind the depletion of soul power which is due long-term part play in the 5000-year-old world cycle (Rajesh Arora *et al*, 2026). Depletion of spiritual power within the human souls has become the cause of degradation of the quality of nature along with its all biotic and abiotic components. As a result, the available energy in the world decreases and the unavailable energy increases in the form of exhausts which is termed as entropy. The present paper has consciously discussed the different aspects of consciousness citing the views of both western and eastern philosophy to extract the essence of the topic through scientific analysis.

So far, we do not have any knowledge about the true identity of soul and of the Supreme Soul, but now God, our beloved Father, has descended on earth to recharge all the soul batteries and to make them pure and powerful again for a fresh start. Brahma Kumaris Organisation is the competent authority to contribute the Godly knowledge in details along with purpose, aims and objectives. The world cycle revolves in right-angled motion as on Swastika symbol covering four equal ages starting from 16^0 celestial *Satyuga* and ending in 0^0 celestial *Kaliyuga*, but the Kalpa Chakra has to set again in previous order. Cyclical time views the future as a return to the previous state (Swapan Rudra *et al*, 2026). So, transformation of impure *Kaliyuga* into pure *Satyuga* is necessary which is possible through getting true knowledge and learning Rajyoga Meditation directly from God, only available in the present confluence. When a critical mass of human souls will be enriched internally with spiritual power and be in soul-conscious state, automatically the external world scenario will also change towards the destination of an elevated deity society as fixed in the world drama.

Heaven is awaiting us very near in another dimension which is to be captured through the higher level of consciousness.

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Conflict of Interest/Competing Interests

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Data Availability

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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