

CONSCIOUS

Choosing is something we do moment to moment, day in and day out. Often we are not aware we are at choice; cereal or eggs for breakfast? Red shirt or blue? Often we give our power to choose consciously to the “subroutine” of our conditioning – we do things the way we’ve always done them. Then we don’t have to think about it. But reclaiming that power is the secret to transforming our lives. And quantum physics gives us compelling evidence that this is so.

For centuries, science has been trying to find the smallest building block of the universe. What scientists found, at the dawn of the 20th century, they called a quantum, which means a “discrete quantity”, which means that it just doesn’t get any smaller than this.

A quantum is an indivisible little packet of energy. A quantum is both a wave and a particle. Now, we know that sound comes in waves. When someone plays the piano, each person in the room hears it because the waves of sound fill the entire room. But if you shoot a marble, it will go from point A to point B, as an object. It does not act as a wave. However, at the smallest, most basic level, the “stuff” of life is either acting as a wave or as a particle, depending on the situation.

To understand this, let’s look at what is known as the “double slit experiment.” Some clever scientists devised a way to measure quanta, which of course are invisible to the eye. They cut two identical slits in a panel, and put some kind of recording device behind it. They bombarded the slitted panel with quantum particles to see how they would go through the holes, indicated by their landing pattern on the recording device. One would expect that shooting little particles through holes would reveal that each one went through, like a tossed marble, and made an impact point on the sheet behind – but no. The electrons came through the two slits at the same time – leaving a pattern on the recording instrument indicating they were acting as a wave.

Then it took an even stranger twist: when the observers moved their focus to the front of the panel where they could watch the quanta as they entered the holes, the quanta began behaving as particles, like little marbles, dutifully shooting through the slits and landing in a specific place like a good marble should. In conclusion, the smallest building block in the universe, the quantum, has both a wave nature, and a particle nature, and can display either, but not at the same time.

CHOICE



a quantum leap!
Rev. Molly Cameron

Quantum physicist, Amit Goswami, is a professor at the University of Oregon, and was featured in the movie, *What the Bleep Do We Know*. Dr. Goswami and other physicists realized that the observer obviously has something to do with whether the quantum behaves as a wave or as a particle. The double slit experiment, which has been verified many times, showed that to be the case. The shift in focus from the recording device to the beam of quantum particles influenced the quanta to behave like particles. The idea that consciousness is the observer, the “looker”, was introduced in 1955, but classical science has been reticent to embrace this idea. Random chaos seems like a better explanation.

Not so, says Amit Goswami in his book, *Physics of the Soul* (Hampton Road, 2001). The theory he and his brave colleagues put forward is that everything exists in waves of possibility, until we, the observer, look at it. The “looking” collapses the possibility wave into its particle nature. In other words, when consciousness perceives a possibility, it makes it so!

The implications are enormous. *One can conclude that we literally create the world by looking at it.* However, we are not just observers; we are choosers. If we are living in a vast sea of possibility waves, then we might well concede that

anything we wish to be, do, or have is there, existing in possibility. “Collapsing the wave of possibility” happens in two parts: you or I as chooser focus on the possibility we desire, and we choose it. The universe in its marvelous, quirky, quantum way does the collapsing.

So let’s help the process as we sharpen our choosing skills with a few, simple practices:

- Become aware of what you are doing in this precious NOW moment. Ask yourself, what choices are before me right now?
- Look at the choices you make. Are they for your highest good?
- Practice choosing. Consciously choose to pet the cat, or drink a glass of water. You are building awareness “muscle”.
- Contemplate the idea that you may indeed be the “chooser.” Begin to “choose” in your imagination what you want your life to look and feel like.
- Be awake to the changes that happen because of your new choices.

Changing our lives and indeed the entire world may come down to this simple process; it’s a matter of choice.

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