

**UNIVERSAL CONSCIOUSNESS.** Or Universal Mind ... the opposite to Human Exceptionalism. Albert Einstein told us that "everything is energy"; that "a human being is a part of the whole, called by us Universe". His words echo ancient spiritual and philosophical teachings and still underpin today's scientific discoveries.\*

**U**niversal Consciousness goes by many names. In the scientific world we know of the Unified Field (Einstein), in spiritual philosophy we refer to The All or Universal Mind and in religion we use the term God who goes by many names: Jehovah, Allah, Brahman etc. There is One Consciousness of which our consciousness is a part.\*

**B**uddhism emphasises the universal nature of mind and panpsychism - the view that mind (*psyche*) is found everywhere (*pan*) - is one of the oldest of philosophical doctrines and was put forth by the ancient Greeks, Thales and Plato, as well as philosophers Spinoza and Leibniz, who laid down the foundations of the Enlightenment.\*\*

**T**aken literally, panpsychism is the belief everything is 'enminded'; whether it is a brain, a tree, a rock or an electron, everything that is physical also possesses an interior mental aspect. Yet the mental is too radically different for it to arise gradually from the physical, hence the law: *ex nihilo nihil fit* (nothing comes from nothing).\*\*

**N**evertheless, as physicist Laurence M. Krauss says in his book *A Universe From Nothing* (why there is something rather than nothing) \*\*\*, the term 'nothing' needs definition. In scientific terms 'nothing' still contains energy and gravity. And Universal Consciousness describes well what by materialists might be seen as nothing.

**U**niversal Consciousness is a term that gives meaning to us and our world being here. I would find it difficult to conclude there was nothing before the world came into existence. But that something cannot have been material. To me, Einstein's theory of relativity and quantum gravity adequately account for Universal Consciousness.

**U**niversal Consciousness is real in both science and spirituality.

*\*after [mind-your-reality.com/universal\\_mind.html](http://mind-your-reality.com/universal_mind.html)*

*\*\*after [scientificamerican.com/article/is-consciousness-universal](http://scientificamerican.com/article/is-consciousness-universal)*

*\*\*\* read also *The Self-Aware Universe (how consciousness creates the material world)* by physicist Amit Goswami*

*see also CONSCIOUSNESS, EINSTEIN, EXISTENCE, FUNDAMENTAL ISSUE  
PANPSYCHISM, THEORY OF EVERYTHING, WHY*