

COSMIC CONSCIOUSNESS –

A JOURNEY TO WELL-BEING, HAPPINESS, AND SUCCESS PART IV: GET WHAT YOU WISH FOR^{A,B}

James A. Cusumano, PhD



"We are not only observers. We are participants. In some strange sense, this is a participatory universe."

John Archibald Wheeler – Quantum Cosmologist

KEY CONCEPTS:

- The presence of Cosmic Consciousness throughout the infinity of space and time is a means to manifesting your dreams and desires.
- The confluence of modern science and ancient Wisdom Traditions has clearly demonstrated that manifestation is straight forward, provided specific time-tested guidelines are followed.
- A specific procedure is presented for the successful practice of personal manifestation.

Over the past 5,000 years, numerous thinkers from the Wisdom Traditions have demonstrated that you can truly get whatever you wish for. More recently, quantum physicists have begun to uncover the science behind such manifestations. It's not surprising that over the past several years, we have seen a number of books and films, e.g., "The Secret," proclaiming the profound discovery of manifestation. Profound, yes; a discovery, not really; this process has been known for millennia, but understood and practiced by very few. However, in recent times it has become clear that anyone can access this power to fulfill their dreams and desires. For success, you must understand the process and the rules of how to proceed. Allow me to explain.

COSMIC MYSTERY

First, it's helpful to understand your overall connectivity within the universe. As discussed in prior articles in this series, and in detail in my book on Cosmic Consciousness, the cosmos and your place and purpose in it are easy to state, but challenging to believe because of our programming since birth^{1,2,3,4}. However, the exact same conclusions concerning the universe and our place in it have arisen time and again throughout the ages. This picture evolved from independent thinkers in every part of what was then an unconnected world. Some of these wise men and women were part of the founding movement of various religions; others were philosophers from ancient cultures.

Confucianism, Taoism, Buddhism, Hinduism, Christianity, Judaism, Islam, Jainism, Zoroastrianism, Druidism; the ancient Egyptians, Mayans, and Aztecs, among other peoples of antiquity, all discovered and developed similar pictures of "True Reality" and the conscious universe. These elements depict a common thread which, can be expressed as follows.

The Wisdom traditions tell us that **Cosmic Consciousness** is infinite and is responsible for all of the intelligent activity in the universe. Next we must consider **Collective Consciousness**, which is an infinite matrix of shared connections among every atom in the physical universe, i.e., all material things, and it operates as a unifying interactive force. That is to say, *all things are connected*, some more strongly than others. Finally, **Personal Consciousness** – some call it **Identity Consciousness** to recognize that it is also present in inanimate objects is our spiritual identity and it too is infinite and intimately associated with every living and non-living thing in the universe (see **Figure 1**).

Personal Consciousness is responsible for orchestrating all of the physical and non-physical functions of every living and non-living thing in the universe. As discussed below, this provides incredible possibilities for interacting with, and influencing all persons and things in the world, and therefore a tremendous power to manifest what you wish, if the process is carried out properly.

EINSTEIN'S PICTURE

Einstein's theory of relativity proclaims that our universe is finite and curved in space and time, and lies within an infinite expanse of nothingness (see **Figure 2**). It is broadly accepted that our universe formed in an inflationary "Big Bang" about 13.7 billion years ago. However, because it is still expanding, the known universe is at this moment more than 200 billion light-years across. Although unimaginably large, this distance is miniscule when it is recognized that it exists in an infinite expanse of nothingness, i.e., no matter and no energy. However, this nothingness does contain "something." In it resides an infinity of Cosmic, Collective and Personal Consciousness.

The Big Bang occurred by rapid expansion of an unimaginably tiny speck or singularity, smaller than an atom, smaller than an electron, incredibly small. All of the mass and energy of our universe were contained in that singularity. Most physicists believe that the expansion of the universe will continue forever. I don't.

A DARK PICTURE

A few years ago, cosmologists discovered that the structure of the known universe could not be explained if it were not for the existence of what are called dark energy and dark matter; both are invisible to our current technologies. And in fact, it is now believed that observable physical matter makes up less than a few percent of the universe. The rest is dark energy and dark matter, both responsible for much of the galactic gravitational effects we see. I believe, as do a minority of other physicists that when the properties of dark energy and dark matter are finally understood and their total contributions calculated accurately, we will find that the universe is indeed rapidly expanding. However, due to the structure and changing properties of dark energy and dark matter, we will also find that in time, this expansion will slow to a null point and then begin a process of contraction, ultimately resulting in what some physicist call the "Big Crunch."

In my view, we can consider our universe expanding from a singularity over billions of years, ultimately slowing down and then contracting in the "Big Crunch" to the same singularity from which it was created, only to expand again and begin the process over and over again. I assert that this expansion-contraction process has been going on for eternity and will continue as such.

So what does this all mean for our place and purpose in our universe? Here is the picture that results when you merge the ancient Wisdom Traditions and modern quantum physics and cosmology.

THE COSMIC PICTURE

Cosmic Consciousness has always existed and is responsible for all of the intelligent activity in our universe. **Personal Consciousness** has also always existed and may be considered as your individual consciousness, your spirit, or your soul, if you wish. It is responsible for orchestrating every physical and non-physical function in your body and mind. As noted previously⁵, your body is made up of more than 100 trillion cells, a number larger than all of the stars in the Milky Way Galaxy, celestial home to our solar system and Planet Earth. Each of these miniscule cells contains instructions within its DNA that would fill one thousand 600-page manuals. And each cell performs 100,000 reactions per second, yet every cell instantly harmonizes and correlates its activities with every other cell in your body. If it did not do so with clockwork precision, it would mean illness, and in some instances, death.

Your **Personal Consciousness** enables this coordination, day in and day out, every day of the year, year after year, until on average, after some 80 years or so, it "decides" to stop, at least for your current lifetime! The incredible capabilities of your **Personal Consciousness** is why a human body can think thoughts, play piano, kill germs, remove toxins, and make a baby, all at the same time. Although this function is very important to the evolution and operation of living species, the primary purpose of **Personal Consciousness** is even more important. As stated by Eckhart Tolle, "You are here to enable the purpose of the universe to unfold. That is how important you are⁶!"

Finally, **Collective Consciousness** is that consciousness that links us all together, both living and non-living things. It is the consciousness that is at work when a mother's child is injured at a distance remote from her and she knows it,

^{A)} **EDITOR'S COMMENT** – This is the fourth article in a series based on the author's recent book, "Cosmic Consciousness – A Journey To Well-being, Happiness and Success." In this little book, published in both the Czech and English languages within one volume, and with an introduction by internationally-acclaimed author, Dr. Deepak Chopra, Dr. Cusumano explains in simple terms, the connection between Eastern Philosophical Wisdom, consciousness and quantum physics. He develops specific practices for living a successful and fulfilled life, regardless of your passion of pursuit.

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Figure 1: Cosmic, Collective and Personal Consciousness are infinite and connect all matter in the universe. They also completely penetrate the “nothingness” of infinity.



instantly – faster than the speed of light. It is the consciousness at work when you think of someone, and in a matter of minutes or seconds, the telephone rings with that person on the other end. And it is the consciousness at work when you seek to manifest something into your life. **Cosmic, Personal and Collective Consciousness** are infinite and intimately connected.

GETTING WHAT YOU WANT

Some of the clearest interpretations and summaries of the works of the Wisdom Traditions over the ages that deal with manifesting abundance into our lives, have been produced by Deepak Chopra^{7,8}. Some authors call it the *Law of Manifestation*, Chopra prefers the *Law of Intention and Desire*. Regardless of nomenclature, this law is based on the infinite presence of consciousness as discussed above and the fact that as quantum physics has clearly demonstrated that the physical universe is composed entirely of interconnected energy and information. We discussed this in a previous article in this series where we saw that True Reality is a vibrating quantum energy field, alternating continuously from off to on and back again⁹. In physics, we call this a *discontinuity*. In the off position there exist no energy, information or physical objects, just infinite possibilities, all described in quantum field theory by the Schrödinger Wave Equation. In the on position, there exists energy and information. We saw that the fields of consciousness permeate this matrix and as such, *the quantum field and therefore reality can be influenced by intention and desire*¹⁰.

A unique aspect of human beings is that our nervous system enables us to be “aware” of the energy and information content of the localized quantum field that is responsible for our perception of our physical body. We experience this quantum field in a subjective manner as manifested by our thoughts, emotions, desires, memories, drives and beliefs, and objectively as our physical body¹¹. But the physical universe is made of the same “stuff” and the lines of demarcation between us and our environment are fuzzy at the quantum level. So at the quantum level, you can envision the energetic field of the universe as simply an extension of your own field. You are connected with everything in the universe.

Because of this “awareness,” you can not only consciously affect the energy and information content of your physical body, but you can also affect your extended body – the world – and cause things to manifest in it. This ability requires two fundamental attributes that are intimate properties of human consciousness – **attention** and **intention**. Intention on an object of **attention** taps into the off part of the *discontinuity*

where there exist an infinite number of possibilities. Provided that you adhere to the guidelines set forth below, it is possible to manifest the most challenging objects of desire¹².

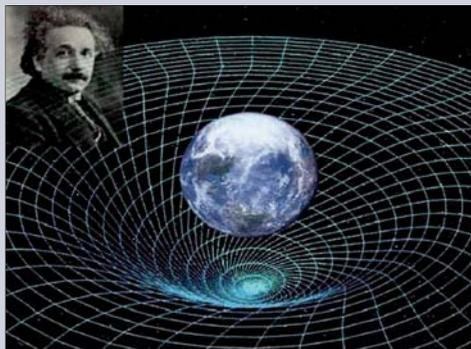
In this process, **intention** is the powerful quantum conscious force behind desire, as *pure intention is desire without any attachment whatsoever to the outcome* (see **Figure 3**). Desire alone can work to manifest things into your life, but it is a very weak force, and therefore requires much effort. When paired with unattachment, the quantum energy field is exponentially increased in intensity and is most effective to bring about manifestation of your dreams and desires. The other aspect that is important in this process of manifestation is what Deepak Chopra calls *life-centered present-moment awareness*, and Eckart Tolle calls the *Power of Now*¹³. This highlights the importance of a focus on the present, which is all that there ever is.

THE PRESCRIPTION

Here are the steps to follow for effective manifestation:

1. Never try to manifest anything that requires violating the laws of Nature in our universe.
2. Meditate for 20 minutes and afterwards transition to “Choiceless Awareness” as described in Cosmic Consciousness¹⁴. *Choiceless Awareness* puts you in direct contact with the infinite number of possibilities that are present in the discontinuity. It is easily brought about whenever you become aware of the true observer in you in the midst of the observation¹⁵.
3. As you leave the state of “Choiceless Awareness,” focus on your specific intention and in doing so you will release your

Figure 2: Einstein’s Theory of Relativity shows that the universe is curved in space and time and finite in an infinite expanse of “nothingness”



intention to the off part of the discontinuity in True Reality where infinite possibilities exist and can be accessed.

4. Upon completing steps 1–3, maintain self-focus on you intention, which means that you should not disclose it to anyone until it is manifested.
5. Most important, follow the *Law of Detachment*, which leads to the powerful state of *life-centered present-moment awareness*. Abandon even the slightest attachment to the outcome. In this state of being, essentially all obstacles to manifestation are removed. This takes practice and is the most difficult part of the exercise. Without unattachment, you are dependent on simple desire, which is a very weak force for manifestation.
6. There is an aspect of manifestation that has been stated throughout all Wisdom Traditions, but never fully understood. It is that “love” is the most powerful enabling force in the universe. In the Sanskrit writings of the Wisdom Traditions, there are numerous words that mean love, each a variation of positive intent, depending on the situation. The best translation into English for the purpose of manifestation is that love means “concern for the whole.” And therefore, the more that a desired manifestation will benefit humankind, the world, or the universe, the stronger the force to create its reality.
7. Let the universe handle the details.

Figure 3: Through the infinite presence of Consciousness, it is possible to manifest your dreams and desires through intention and attention with detachment



8. Remain patient and passionately attentive to your intent, yet unattached to the outcome.

We often hear about the “power of positive thinking,” which is certainly a valuable trait; however, it pales in comparison to the “power of manifestation.”

James A. Cusumano, PhD

¹ James A. Cusumano, “Cosmic Consciousness – A Journey To Well-being, Happiness and Success – Part I: Are You For Real?” *Prague Leaders Magazine*, Volume 1, 2012, p. 78.

² James A. Cusumano, “Cosmic Consciousness – A Journey To Well-being, Happiness and Success – Part II: Where Do We Come From?” *Prague Leaders Magazine*, Volume 2, 2012, p. 102.

³ James A. Cusumano, “Cosmic Consciousness – A Journey To Well-being, Happiness and Success,” *Fortuna Libra*, Prague, 2011.

⁴ James A. Cusumano, “Cosmic Consciousness – A Journey To Well-being, Happiness and Success – Part III: Everything From Nothing,” *Prague Leaders Magazine*, Volume 2, 2012, p. 106.

⁵ *Op. cit.*, Reference 3.

⁶ Eckhart Tolle, “*The Power of Now*,” *New World Library*, Novato, California, 1999.

⁷ Deepak Chopra, “*The Book of Secrets – Unlocking the Hidden Dimensions of Your Life*,” *Three Rivers Press*, New York, 2009.

⁸ Deepak Chopra, “*The Seven Laws of Success – A Practical Guide to the Fulfillment of Your Dreams*,” *Excel Books*, New Delhi, 1996.

⁹ *Op. cit.*, Reference 2.

¹⁰ *Ibid.*

¹¹ *Ibid.*, p. 69.

¹² *Ibid.*, p. 73.

¹³ *Op. cit.*, Reference 6.

¹⁴ *Op. cit.*, Reference 3.

¹⁵ Here is a summary of the *Choiceless Awareness* process: Sit quietly with closed eyes in a darkened room, listening to soft meditative music. Take several deep breaths to reach a relaxed state. Then, ask yourself, “Who is really listening to the music?” You will inevitably feel a quiet “stillness” inside. That “stillness” is your spirit, your soul, your Personal Consciousness. Try to stay in that state for a few minutes. Then as you begin to leave it, inject your intention into the universe.

About the Author: James A. Cusumano is Chairman and Owner of Chateau Mcely (www.ChateauMcely.Com), chosen in 2007 by the European Union as the only “Green” 5-star luxury hotel in Central and Eastern Europe and in 2008 by the World Travel Awards as the Leading Green Hotel in the World. He is a former Research Director for Exxon, and subsequently founded two public companies in Silicon Valley, one in clean power generation, the other in pharmaceuticals manufacture via environmentally-benign, low-cost, catalytic technologies. While he was Chairman and CEO, the latter – Catalytica Pharmaceuticals, Inc. – grew in less than 5 years, to a \$1 billion enterprise with 2,000 employees. He is co-author of “Freedom from Mid-East Oil,” recently released by World Business Academy Press (www.WorldBusiness.Org) and the author of “Cosmic Consciousness – A Journey to Well-being, Happiness and Success,” published in English and Czech by Fortuna Libri, 2011.

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