

Science and Expanded Consciousness

Nature has demonstrated and taught us the importance of maintaining proper balance. I humbly submit that when one attempts to solve the mysteries of life it is important to maintain a balanced method of inquiry. Logic and intuition are equally important in this endeavor. Fortunately, one can develop one's intuition thanks to plasticity in our brains. Learning about how the universe works scientifically is easier than ever before.

Learning everything one can about science and the way the universe works is vital to anchoring one's logical side. The forming of one's science-based perspective over one's lifetime enhances one's understanding of existence, how we were created.

The expansion of one's consciousness is vital to anchoring one's spiritual side. Coming to terms with the nature of non – ordinary reality awareness is a precursor to awakening one's spirit, gaining wisdom and possibly enlightenment. The forming of one's own spiritually based perspective over one's lifetime enhances one's understanding of consciousness, and our creation.

Consciousness is open to ideas of intuition. Information enters consciousness because of attention. One of the contents of consciousness is self and is no ordinary piece of information because it contains everything that has ever passed through consciousness. This is circular and both are true; attention is directed by self, and the self is the sum of the contents of consciousness. The concept of self begins with our naming at birth. The concept of self is what differentiates human spirits or souls from animals' spirits or souls.

In both science and expanded consciousness, it boils down to what one's able to see. This is the bottom line. Whether it is thanks to our new technology or our ancient indigenous elders what one can see at a particular moment in time is the limiting factor in our understandings of the mysteries of life. With our recent advances in technology and the continued maturing of quantum physics a new picture of reality is emerging. That said it is critical that one's somewhat comfortable with a degree of uncertainty in both science and expanded consciousness. There will always be constant updating in both. Not everything is knowable. This is as it should be. Never achieving a 100%, a definitive conclusion on everything involved in the mysteries of life is to be expected.

Unfortunately, in the beginning, developing one's science understandings and one's meditation practice makes little difference. Consequently, most people don't stick with it losing interest or opting for an ill-advised short cut. Others show a passing interest in how the universe works or how we work in the expansion our consciousness. The key is to maintain a balanced perspective for the better part of one's life. One's long-term success requires effort. Satisfying one's intellectual curiosity and one's desire to find meaning in life serves as jet fuel for this sustained effort.

I have developed a science and shamans lifelong learning framework which provides a roadmap to developing one's own integrated science/ shaman perspective. Maslow's Hierarchy of Needs defines our psychological needs as food, water, warmth, and rest. Also, our safety needs such as security and protection. Once these needs are met, one is free to tackle the mysteries of life head on. The sooner one starts the better.

A major challenge in forming one's science perspective is one's own level of intellectual curiosity. Given the internet, videos, and audio books it is easier than ever to learn the science. Suggested reading and viewing sources are found in my science and shamans lifelong learning framework.

Understandably a common challenge to overcome in owning one's own shaman's perspective is coming to terms with non-ordinary reality awareness. Suggested reading and viewing sources are found in my science and shamans' framework.

Forming one's own shaman's perspective will require the awakening one's spirit at some point. I report on my own experience in detail in my article on "How My Spirit Awakened". I wrote this after a three-year intensive when I lived in solitude in Durango, Colorado. My article is recommended reading and serves as a manual for awakening one's spirit. I also recommend listening to my podcast "Shaman's, Scientist's, and Local's free wherever you get your podcasts.

Science has proven that we are energetic beings. Ancient indigenous elders believe our spirit or soul is our energetic essence. Science has proven energy cannot be created nor destroyed only recycled. So then where does our spirit or soul go after death?

My absence of 37 years made my recent trip to Oaxaca, Mexico particularly meaningful. I had experienced Dia de los Muertos previously in Zihautanejo, Acapulco, Puerto Vallarta, and Guadalajara Mexico as young person. As an older person partaking in the Oaxacan weeklong festival aimed at connecting living Oaxacan's with their deceased genealogical ancestors was incredibly powerful.

The connecting of the living with their deceased genealogical ancestors is a good entry point to examine non-ordinary reality awareness. The understanding of our scientific connection (s) to the universe is critical in answering the question where does our spirit or soul go after death? Equally important is one's own coming to terms with non-ordinary reality awareness.

These following connections are all available to any of us. I believe we are in the universe and the universe is in each of us. Everything connects. Scientists and Shaman's are in alignment on this critical point.

The nature of our scientific based connectedness in the universe:

All being originated in nonbeing:

In the first ten thousandths' billionths of a second of the big bang (all the energy we have ever known all the energy we will ever know) the atoms (elementary particles) that make up the universe and humans were mixed together in an extremely hot liquid; a physical matter that expanded much of which cooled forming the stars and planets in the universe.

We are connected to our genealogical ancestors through star dust. Molecules two or more atoms working together in a more or less stable arrangement make up our body. The atoms that construct the molecules are traceable to high mass stars exploding their chemistry rich guts and enriching gas clouds with the chemistry of life on planet earth. Atoms are made up of three kinds of elementary particles protons, electrons, and neutrons. All the atoms in our bodies have most certainly passed through several stars and been part of millions of organisms on its way to becoming each one of us humans. To some degree each of us is made up of star dust.

We are connected to our genealogical ancestors through the four (big four) ingredients in life. The chemically active atoms in the universe and our bodies are Hydrogen, Oxygen, Carbon, and Nitrogen. These are fundamental and make up the human body and the universe. We, everything is made of the same stuff.

We are connected to our genealogical ancestors through the quantum field, or the Higgs boson field, grid, or web that stretches across space and time. The universes' energy expands through this field and connects everything.

We are connected to our genealogical ancestors through the DNA we share with our genealogical ancestors. DNA has been proven to vibrate and therefore is energetic. Humans are energetic beings. Every living organism on earth has DNA.

Questions and Answers

How does non ordinary reality awareness positively impact one's spiritual journey? *It is a precursor to awakening one's spirit, finding inner peace, and possibly even enlightenment.*

Can our genealogical ancestors reach out to us if they want to? *From time to time our genealogical ancestors based on significant events in our ordinary reality lives on earth can be compelled to reach out to us however briefly from different levels of reality or the spirit world.*

Where does our spirit or soul go after death? *To non-ordinary reality, the different levels of reality or to what is often referred to as the spirit world.*

How is it that humans can connect with their genealogical ancestors in the spirit world? *Through intention, mediation, and illumination.*

What are the actual mechanics of connecting with our genealogical ancestors? *Everything connects through Illumination which must be developed over time. Enlightened people often offer their light to others while in group meditation. Light is made up of photons which are massless and travel at the speed of light. Mediations involving our genealogical ancestors, and*

intentionally merging our essence into illumination can provide connection with our genealogical ancestors.

Is it critical that one successfully connects with one's genealogical ancestors? No, what's most important is to pay homage to the ancestors that carry one's genes. To acknowledge the beings, we come from and honor their wisdom. To think about and remember them fondly. In this way one can more easily come to terms with our own non-ordinary reality awareness.

Roger, I see how everything connects through Illumination. However, I don't believe that there are higher dimensions in the universe to travel to. I don't believe in string theory and parallel universes either. Isn't time travel a fun but silly movie script?

Time travel into the future not the past has been proven scientifically right here on earth and at the International Space Station. Einstein states that if for a period of one year one went out into space and traveled at the speed of light. That during that year one's clock would tick off time so slowly that when one returned home, earth clocks will have ticked significantly faster to the tune of a million years of earth time. Leap frogging into the future is time travel. Realistically traveling outside our physical bodies for a year at the speed of light is a bit ambitious. Perhaps very conservatively one could travel at speed of light for half a day accumulated over one's lifetime. This would result in one having roughly traveled into the future 1,369 years.

How is it exactly that one might be able to travel into the future even faster than at the speed of light?

Thanks to nuclear fusion massless photons take eight minutes to reach us from our sun and are the fuel of all life here on earth. There was a point in time when all physical matter was connected. The twin photon experiment explained how one photon's change in magnetic charge simultaneously caused the same magnetic change in the twin photon. Both photons were having the same experience. This is called quantum entanglement which enables travel at a speed faster than light. Physical matter once connected remains energetically connected despite great distances in space even one galaxy to another. We are energetic beings energetically connected to everything. If we think of light as a wave made up photons it will have alternating magnetic and electric fields. Photons have zero mass $P=(E/c)$ and do possess energy and momentum following Einstein's relativistic energy equation. That energy cannot be created nor destroyed only recycled. If a photon had a clock, it would not tick.

A Science/ Shaman's Perspective Framework

This guide or framework is intended to increase readers success in gaining increased insight into science and non-ordinary reality awareness. Owning one's Science/ Shaman's perspective or vice versa is important because a balanced perspective is what is sustainable. This framework aims to provide readers a roadmap to awaken one's spirit, find one's inner peace and possibly enlightenment. In the event one perceives themselves as having a 90% science 10% shaman perspective or vice versa they risk losing their long term will to grow and expand. The

recommended approach is for an individual over their lifetime to become closer to 40%-60% or somewhere in between regarding one's science/shaman perspective or vice versa. The point isn't whether one believes more in Science vs. Shamanism or vice versa. The goal is to develop for oneself a sustainable balanced perspective regarding the mysteries of life. Immersing oneself in science is an excellent entry point to understanding how the universe works. An excellent entry point for coming to terms with non – ordinary reality awareness is through one's connection with one's genealogical ancestors.

The Science Perspective 300 years old

Question: Existence, how did we get here and how does the universe work?

Resources: Given the internet, videos, and audio books it is easier than ever to learn the science. Suggested reading and viewing sources are everything one can find on the internet or on network or cable TV on how the universe works, the stars, nature, plants, animals, Astro physics and geology.

The following books are recommended:

The Particle at the End of the Universe” written by Sean Carroll a science writer and journalist

Neil deGrasse Tyson works, American Astrophysicist, Planetary Scientist, author.

Carl Sagan works, Astronomer and Planetary Scientist, author.

Stephen William Hawking works, CH CBE FRS FRSA (8 January 1942 – 14 March 2018) was an English theoretical physicist, cosmologist, and author who, at the time of his death, was director of research at the Centre for Theoretical Cosmology at the University of Cambridge

Michio Kaku works, an American theoretical physicist, futurist, and popularizer of science (science communicator). He is a professor of theoretical physics in the City College of New York and CUNY Graduate Center. Kaku is the author of several books about physics and the future.

The Short History of Nearly Everything written by Bill Bryson Random House, Inc

Podcast: Scientist's, Shaman's, and Local's written and produced by Roger O'Keefe available free wherever one gets one's podcasts

Recommended topics to research and study:

Big Bang, the birth of the universe

Stars Creation

Our Sun

Our Moon

The Moon Mission

Our Planet Earth's Geology

Time

Water

Plants

Animals

The seasons

The Elements

Gravity

Black Holes

Mars

The Mars Mission

Quantum Physics

The Shaman Perspective 100,000 plus years old

Question: What is the nature of non-ordinary reality awareness?

Resources given the plethora of conferences, retreats, classes, books, audio books, videos, and apps learning about the nature of non-ordinary reality awareness is easier than ever before.

The following are recommended:

Books and videos on developing one's intuition.

Books, videos, or apps on how to mediate (mindfulness meditation recommended)

Spirit Walker written by Hank Wesselman, Bantam Books

Books, videos, or articles on how to awaken one's spirit.

Article: How My Spirit Awakened, written by Roger O'Keefe

Podcast: Scientist's, Shaman's, and Local's written by Roger O'Keefe available free wherever one gets one's podcasts

Topics to explore:

Healthy eating, regular exercise, and getting sufficient deep sleep

Music (calming variety)

Breathing techniques

Stretching routines, nature walks
Observing one's thought patterns.
Stress management
Meditation (mindfulness meditation recommended)
Expanding one's consciousness.
Kindness, gratitude, and forgiveness
Being authentic
Self-worth and acceptance
Nonjudgmental approaches to people
Managing one's expectations in life.
Ancient Indigenous peoples around the world
The Huichol Indians of Mexico
Hawaiian Shamans
Australian Aboriginal Shamans
Non - ordinary reality awareness
One's own spirit awakening.
Finding Inner peace
Wisdom
Enlightenment

About Roger O'Keefe, MA

A California State certified/credentialed K-12 & Adult educator sporting a master's degree in education. A published author Roger has appeared as a guest on numerous TV and radio shows. Mr. O'Keefe has traveled extensively and has led an experience rich life. Intuitive from a young age his father worked for Boeing and NASA, consequently science was a big part of his upbringing.

Many decades ago, while in college he first learned about quantum physics. Also, at that same time he became friends with his American literature professor. His American lit professor had lived with a California Indian tribe for more than a decade and was considered himself a Californian Indian. He was the first to teach Roger about the nature of what the American Indians refer to as spirit. Mr. O'Keefe continued his study of the American Indian tribes paying

particular attention to those tribes located in the Four Corners Region of the Southwest United States where he lived for five years. Roger also studied the major Mexican Indian Tribes of mainland Mexico where he resided for five years.

Mr. O'Keefe had the good fortune to have known many gurus and enjoyed long term relationships with two female gurus. Meditating now for 37 years, he awoke his own spirit more than a decade ago. Over his lifetime Roger experienced many non-ordinary reality awareness experiences across the planet. He shares these unusual experiences through his podcast Scientist's, Shaman's, and Local's. Roger shares his direct non - ordinary reality awareness experiences to help inspire others in their own spiritual growth journey.