Consciously Creating

reality, Reality, REALITY and Science Deep Dive Transcript

Hey everyone, welcome back for another Deep Dive. You know, we're always exploring fascinating topics here and today is no different. We're diving into the very nature of reality. But not just reality as this like one single thing, right? We're talking about reality with a lower case r, Reality with a capital R, and even REALITY, all caps. That's right, three distinct levels. Exactly. And our main source for this Deep Dive is the essay, "reality, Reality, and REALITY." Super interesting stuff. Plus, we're going to be pulling in insights from the Science of Consciousness, exploring reality, Reality, and REALITY. Which should be really cool to see how these ideas that seem kind of out there, you know, actually connect with modern science. Totally. And that's really our mission today, to unpack these ideas of reality, reality, reality, and see if we can't offer a new perspective on, well, on your own experience, right? Because we're all living this reality, whatever it is. Absolutely. And what I find so fascinating about the essay's approach is that it doesn't just say reality is this fixed thing out there. It's like, no, reality is deeply connected to your own consciousness, individually and collectively. Right. So it's not just the world out there. It's how we experience and interpret it. Yeah. And the essay has this three-tiered model to help us understand that, which we'll get into. And what's cool is that when we look at what's happening in fields like physics and neuroscience, there are some surprising parallels. Okay. So a little philosophy, a little science should be a fun ride. Definitely. Lots of aha moments, I think. Love those. Okay. So the essay lays out these three levels, reality, reality, reality. Let's start at the top with reality, all caps. What is that all about? So reality is like the ultimate source, the foundation of everything. It's described as universal truth consciousness, pure potential, limitless possibility. And it operates at the highest frequency, the frequency of unconditional love. Okay. Unconditional love is a frequency. That's interesting. Right. And it's important to note that reality is subjective and intangible. It's truth. It's unchanging. Okay. So that's the big picture reality. So then how does reality with a capital R fit in? Where do we as individuals come into play? Reality is where your individual consciousness comes in. It's described as a blend of reality, those high frequencies, and reality with a lowercase R, which we'll get to. It's your unique perception of the world. So it's like reality filtered through our own individual lens. Exactly. And in this reality, both your true self connected to reality and your ego influenced by lowercase reality are operating. And this is where the science comes in because our brains are actively constructing this personal reality based on our beliefs, our thoughts, our emotions. Got it. So reality is the source. Reality is our individual perception. And what about reality, all lowercase? What makes it different? So lowercase reality is where the ego tends to dominate. It's rooted in fear, those low frequency beliefs, and it leads to negative emotions and those difficult experiences we all have. Ah, so that's where the not so fun stuff comes in. Yeah, you could say that. The focus in this reality is on survival and immediate gratification, often at the expense of the bigger picture. And it tends to miss the deeper understanding available in reality and reality. So it's kind of like a limited fear-based view of things. Exactly. And the essay emphasizes that it's all a matter of frequency. High frequencies are associated with truth, love, reality. Lower frequencies are fear, untruth, ego-driven reality. Right. That frequency thing comes up a lot in the essay. And it applies to everything, your body, your beliefs, thoughts, emotions, actions, experiences, and those three levels of reality we just talked about. It's really a central concept. Okay, so we've got the

essay's basic framework. Now let's bring in some science. The essay describes reality as a quantum field of limitless possibilities. Does that connect at all with anything in the science of consciousness? It actually does. There's this concept in quantum physics called superposition, where a particle exists in multiple states at once until it's observed. And that's kind of like reality being a field of pure potential. Right. It's not until we observe it with our consciousness that it collapses into a specific state. And that act of observation, the science essay points out, is key in the Copenhagen interpretation of quantum mechanics. It's like our consciousness is interacting with and shaping reality. Whoa. So our consciousness is influencing the quantum world. That's the idea. And there's also this thing called quantum decoherence theory. It tries to explain how our solid, everyday reality emerges from the weirdness of the quantum world. Yeah, because the quantum world doesn't really seem to follow the same rules as our everyday experience. Right. And the science essay suggests that our individual consciousness interacting with the collective consciousness could be part of this decoherence process. Okay, that's pretty mind-blowing. So we're not just separate from the quantum world, we're actually part of it. It seems that way. And there's even this new field called quantum biology, which suggests that quantum effects might play a role in biological processes, maybe even consciousness itself. Wow. So quantum stuff might be happening inside us all the time. Okay, let's shift gears a bit and talk about the brain. The essay says that what we perceive as reality is a process that involves our consciousness. What does neuroscience have to say about that? Well, neuroscience backs that up completely. The brain doesn't just passively take in information, it actively constructs your reality. Think about visual processing. Right. A lot of what you think you're seeing is actually being filled in by your brain. Really? So my brain is making stuff up? Not exactly making stuff up, but it's using past experiences and expectations to create a complete picture. The science essay talks about predictive coding theory, which says your brain is always making predictions about what it's going to perceive, and then it focuses on the differences between those predictions and the actual sensory input. So my brain is constantly comparing what it expects to see with what it actually sees. Yeah. And that shows just how subjective our perception is, how much our brains are actively shaping reality. Okay, that makes sense. Now, the essay talks about the true self connected to higher frequencies and the ego operating at lower frequencies. Does neuroscience have anything to say about that? It doesn't use those exact terms, but it does have some interesting parallels. The science essay talks about the default mode network, or DMN, which is active when you're thinking about yourself, daydreaming, or caught up in your inner narrative that could be linked to the ego. So the DMN is kind of like the brain's ego center? Maybe. And research has shown that when the DMN activity is reduced, like during meditation or psychedelic experiences, people often report feelings of unity, a dissolving of the ego, a sense of connectedness to something bigger. That's fascinating. That kind of lines up with the essay's idea of accessing higher levels of reality or connecting with the true self. Exactly. And remember how that essay emphasizes frequency? Well, neuroscience has something to say about that too. Oh yeah, the frequency thing. So EEG research has identified different brainwave frequencies, and those frequencies correlate with different states of consciousness. Beta waves when you're alert, alpha waves when you're relaxed, theta waves during deep relaxation, and delta waves in deep sleep. I've heard of those. And there are also gamma waves, the highest frequency brainwaves associated with peak cognitive function, heightened awareness, and even feelings

of compassion. So gamma waves are like the high frequency consciousness the essay talks about. It's a good connection. And some long-term meditators can actually increase their gamma synchrony, which is a really coherent brain state that could be seen as a neurological correlate of that high frequency unconditional love state. That's wild. So maybe all those spiritual practices are actually changing our brainwaves in measurable ways. There's definitely evidence to support that. Okay, another big idea from the essay is collective consciousness. Is there any scientific basis for the idea that our minds are interconnected? Well, the science essay talks about mirror neurons. These are neurons that fire both when you do an action and when you see someone else doing the same action. Oh yeah, those are cool. Like when you see someone yawn and you start yawning. Exactly. And mirror neurons might be the basis for empathy and shared experience, what they call intersubjectivity. It's like we're all sharing a neural space to some degree. Right. And the science essay also mentions some more speculative ideas like the Global Consciousness Project and Rupert Sheldrake's Morphic Resonance. These ideas suggest that consciousness might extend beyond individual brains. So maybe we're all connected in ways we don't even understand. Possibly. And then there's quantum entanglement, which could be a physical mechanism for that interconnectedness, potentially even at the level of consciousness. Okay, that's getting deep. Let's bring it back to the essay for a minute. It talks about this causal chain. Beliefs shape thoughts, thoughts influence emotions, emotions lead to actions, and actions create experiences. Does neuroscience have anything to say about that? Absolutely. The science essay talks about how beliefs act as top-down constraints on your perception. They influence how your brain interprets information and what it pays attention to. So my beliefs are kind of filtering my reality. In a way, yes. And brain imaging studies have shown that strong beliefs activate specific brain regions, like the ventromedial prefrontal cortex, which helps us make decisions based on our values and emotions. So our beliefs are actually changing our brain activity. Exactly. And then there's neuroplasticity, the brain's ability to change its structure and function based on experience. That means your belief systems can actually shape your neural pathways over time, creating what some people call reality tunnels. So our beliefs literally shape our brains. Wow. It's like we're constantly reinforcing our own reality. It seems that way. And the essay's three levels of reality can be seen as different degrees of integration between those belief systems and our sensory experiences. Okay, ready for one more scientific angle. The science essay brings in information theory, specifically integrated information theory, which suggests that consciousness is all about information integration. Okay, remind me how that works again. So it proposes that the more a system can integrate information, the higher its level of consciousness. And they use this measure called phi. Phi. Right. And the science essay suggests that the essay's three levels of reality might correspond to different levels of information integration in the brain. So lowercase reality, with its focus on fear and survival, might have lower information integration. Reality, with its mix of truth and personal interpretation, might have more balanced integration. And reality, that ultimate state, could represent optimal information integration, where everything is connected. That's really interesting. So the more integrated our information is, the closer we get to reality. Yeah. Okay, this has been a lot to take in, but the science essay also talks about some practical applications for these ideas, right? How can all this benefit us in everyday life? It can. The essay emphasizes metacognitive awareness, which is the ability to observe your own thoughts

and beliefs. Things like mindfulness meditation can help you develop that awareness and see how your beliefs are shaping your reality. Right. So becoming more aware of our thoughts can help us step out of our reality tunnels. Exactly. And there's the placebo effect, which shows how powerful beliefs can be. If you believe something will help you heal, it actually might, even if it's a sugar pill. And there are therapies like CDT and ACT that focus on restructuring your beliefs to improve your well-being. So changing our beliefs can change our experiences. What about in bigger contexts, like organizations and schools? Can these insights be applied there? They can. The science essay talks about collective intelligence and how important collaboration and emotional intelligence are for group success. Companies like Google are even using mindfulness programs to improve teamwork. So higher frequencies in the workplace, basically. You could say that. And in education, understanding how emotions and beliefs affect learning can lead to more effective, engaging learning environments. It's all about creating those high-frequency learning spaces. Awesome. Any final thoughts on how we can apply these ideas in our own lives? Well, the science essay mentions neurofeedback and EE devices that can help you monitor your brainwaves and learn to access different states of consciousness, maybe even those high-frequency states the essay describes. And there are things like coherent breathing, which can synchronize your heart rate and brainwaves, promoting calm and well-being. So we're not just stuck with the reality we're given. We can actually work to change our own frequencies and experiences. Exactly. Okay, I think we've covered a lot of ground here. We have. So to wrap up, what would you say are the key takeaways from reality, Reality, and REALITY, and the scientific insights from the science of consciousness? Well, the essay's three-tiered model of reality is really thought-provoking. And it's amazing to see how much scientific evidence there is to support the idea that consciousness and the frequency of consciousness are central to our experience of reality. We've seen connections in quantum physics, neuroscience, cognitive science, and even information theory. Right. It's not just airy-fairy philosophy. There's real science behind it. Exactly. And for our listeners, I think the key message is this. You're not just a passive observer of reality. You're an active participant. Your beliefs, your thoughts, your frequency, they all shape your experience. So it's empowering in a way to realize we have that much influence. Absolutely. We're all creating our own realities, and we can choose to create more positive, loving, high-frequency realities. I love that. All right, as we wrap up this deep dive, I want to leave you with this thought. As science continues to explore consciousness and reality, we're seeing more and more overlap with ideas that used to seem purely metaphysical. Maybe these aren't just abstract concepts, but hints at the fundamental workings of the universe. I encourage you to think about how your own beliefs and frequencies might be shaping your Reality. It's an ongoing journey of exploration, both scientific and personal. Thanks for joining us today. Thanks for having me.