



## International Journal on Eternal Wisdom and Contemporary Science

ISSN (Online): 3107-8184  
Volume 3 • Issue 1 • June 2026 • pp 55-63

### Primacy of Universal-Consciousness: Convergence of Experimental and Experiential Knowledge to Reveal a Unified Picture

Manish Pajan

*Co-founder, Altru Advisors, Mumbai, India*

Switi Gupta

*Founder, Broad Strokes Ventures, New Delhi, India*

#### Abstract:

A section of mainstream scientists argue that consciousness is a scientifically tractable problem and, as neuroscience advances, it will fully explain consciousness in terms of brain events. Yet, the irrefutable mathematical formulations and the logical inferences, arrived at after analysing information gathered from decades of scientific research, confirm, without any reasonable doubt, that consciousness is a fundamental aspect of reality. In this paper we have highlighted the latest research developments that corroborate the idea that consciousness is not a resultant of activities of the body-mind complex but an inherent attribute of an independently existing foundational layer of the universe.

**Keywords:** Consciousness Studies, Universal-Consciousness, Spirituo-Scientific Worldview, Non-dual, Epistemology

#### INTRODUCTION

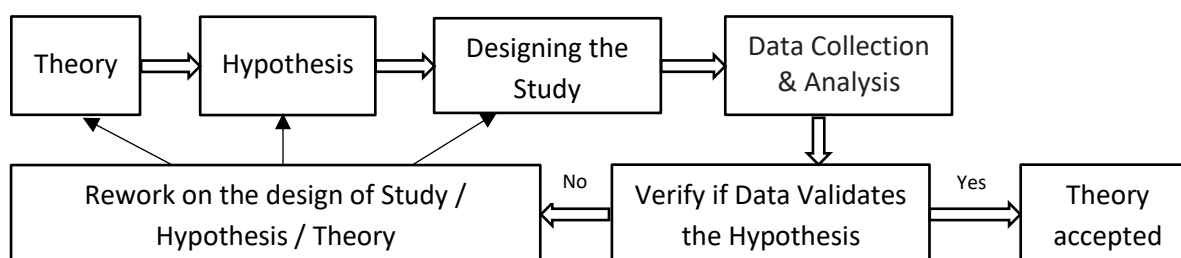
We live in a time of profound disruption - ecological collapse, mental health crises, social fragmentation, and a deep sense of disconnection from nature and from ourselves. Many of the challenges we face today are not just technological or political, but epistemological. They reflect a narrowing of how we understand knowledge, meaning, and our place in the world.

Our notion of 'who we are' defines our relationship with each other as well as with the universe and, therefore, it is imperative that we understand consciousness. In this paper, we have created

a science-based picture of consciousness, by assembling the isolated pieces of information and insights uncovered in the recent years, which, incidentally, corresponds to the picture that is revealed by our ancient texts and belief systems.

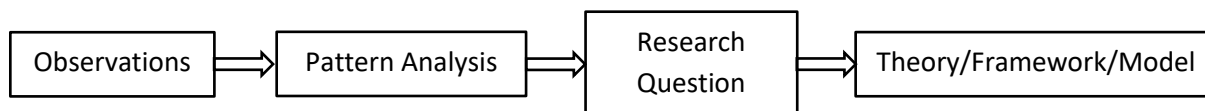
## TWO DISTINCT RESEARCH METHODOLOGIES IN POPULAR USE

1. **Deductive Research:** It is a theory-led research approach and follows a top-down process to validate whether evidence supports or challenges the theory.



*Example: In 1935 Einstein, Podolsky and Rosen proposed a theoretical framework for verifying quantum entanglement and, in 1964, John Bell formulated Bell's inequality theorem to experimentally validate it (Hypothesis). After multiple rounds, the first loophole-free experiment, which successfully demonstrated quantum entanglement, was conducted in 2015.*

2. **Inductive Research:** It is an observation-driven research approach and follows a bottom-up process for knowledge building by analysing data patterns.



*Examples: Wave Particle Duality was discovered by analysing the unexplained results of Double Slit Experiment. All AI models are built using this approach.*

## KEY APPROACHES FOR ANALYSING DATA

Researchers deploy one or more of the following techniques to draw evidence-based conclusions.

**Direct Perception or Observation**

- Using simple or sophisticated instruments to study external objects  
Example: Space engineering
- Using questionnaires to study subjective inner world  
Example: Psychology

**Cognition of Non-Existence**

It signifies actively knowing that something is absent

Example: Imaginary numbers were 'discovered' when real numbers failed to solve square root of negative numbers

### **Comparison & Analogy**

Example: Using mice in biomedical research because they are genetically and anatomically similar to humans

### **Inference or Logical Deduction**

Extensively used in Mathematic for deriving new conclusion from existing, established statements (premises) using rules of logic or theorems.

### **Postulation & Derivation From Circumstances**

Example: Presence of a tiny, dense nucleus in atoms was posited to explain deflection of a fraction of alpha particles in Rutherford Gold Foil Experiment.

### **Testimony of Past or Present Reliable Experts**

It is a well-established practice to refer to peer-reviewed research while providing supporting arguments / evidence as one builds on existing knowledge to draw fresh insights.

## **WHAT IS CONSCIOUSNESS?**

Consciousness is responsible for converting the body-mind complex into a living and experiencing sentient being. It is the witness/experiencer of all experiences of the body-mind complex including the experience of the act or process of being aware of one's experiences, sensations, thoughts, surroundings etc. Mind is responsible for cognitive functions and it is where we process our experiences and emotions. Mind collectively refers to the thinking/feeling, discrimination and memory aspects of our experiences. However, these cognitive aspects of experiences (capabilities that can even be built in machines) do not constitute consciousness. Consciousness is the substratum that makes it possible for internal sensations (qualia) to be experienced.

In short - that "what is processing" our experiences is MIND and that "who is witnessing" these experiences is CONSCIOUSNESS.

The critical question, which pertains to the source of consciousness, also raises profound questions about the nature of reality. Is consciousness a resultant of the processes occurring in the brain and/or the mind or is it an inherent attribute of an independently existing foundational layer of the universe, as also claimed by several ancient philosophies? We present below both these 'models' of consciousness along with the latest insights uncovered by multiple scientific studies across domains.

## **CONSCIOUSNESS IS A RESULTANT OF ACTIVITIES OCCURRING IN THE BRAIN AND/OR THE MIND**

A section of mainstream scientists argue that consciousness is a scientifically tractable problem and, as neuroscience advances, it will fully explain consciousness in terms of brain events, and our very concept of "mind" will be refined or replaced by physical terms. Nearly hundred theories have been put forward and, since early 1990s, many experiments have been designed to identify the biophysical basis of consciousness.

Cleeremans, Mudrik and Seth, in their paper “*Consciousness science: where are we, where are we going, and what if we get there?*”(1), provide an overview of recent developments in the scientific study of consciousness, discuss **the uneasy stasis that the field of neuroscience has reached** and consider possible futures for the field.

## **CONSCIOUSNESS IS AN INHERENT ATTRIBUTE OF AN INDEPENDENTLY EXISTING FOUNDATIONAL LAYER OF THE UNIVERSE**

The alternate standpoint maintains that consciousness cannot be reduced to or cannot be fully explained by physical processes alone. There are many prevalent frameworks - some consider consciousness to be the fundamental reality (like *Advaita Vedanta* and idealism) while others, like dualism or pluralism, recognise consciousness as one of the fundamental aspects of reality. Although the details differ from one framework to another, the underlying understanding remains the same – Consciousness is a unified foundation of organising intelligence, an all-pervading realm of information and an all-encompassing fundamental field of infinite potentiality.

To differentiate consciousness from individual consciousness, we will use the term Universal-Consciousness when we refer to this fundamental aspect/attribute of an independently existing foundational layer of the universe.

Not many experimental studies have been designed to validate these frameworks as these ideas operate on a scale that the current instruments are not able to easily access. Yet, the irrefutable mathematical formulations and the logical inferences, arrived at after analysing information gathered from decades of scientific research, confirm, without any reasonable doubt, the existence of a realm of reality akin to the one described in this section.

## RECENT RESEARCH DEVELOPMENTS

We list below findings from a broad spectrum of independent scientific investigations.

**NEUROSCIENCE:** Williams & Woollacott studied non-dual Ś'aiva philosophy through the lens of modern neuroscience (2) and concluded that access to expanded levels of awareness and, in certain cases, non-local perception and vividly clear and penetrating insight are associated with decreased brain activity, suggesting **an extensive domain of awareness and experience that is not dependent upon brain function.** The findings are a significant contrast from the stance of mainstream neuroscientists.

**BIOLOGY:** Professor of Biology, Denis Noble, proposes a profound shift in how we understand life and propounds an idea of **an organising intelligence as the ultimate governor of biology.** He challenges the long-standing notion of one-way causation from DNA to cell to organism and states that agency is distributed across levels of biological organisation, and the genome is not a dictatorial blueprint but an interactive participant. (3)

**QUANTUM PHYSICS:** Maria Strømme puts forward a framework in her paper *“Universal consciousness as foundational field: A theoretical bridge between Quantum Physics and non-dual philosophy”* (4), that aligns with emerging theories in quantum gravity, information theory, and cosmology that posit classical space–time as emergent from a deeper pre-spatiotemporal order. It offers a non-reductionist alternative in neuroscience, suggesting that **consciousness interacts with physical processes as a fundamental field.**

**PHYSICS AND LOGIC:** Subhash Kak looks at the idea of machine consciousness with new arguments from physics and logic. He provides several rationales against the view that consciousness, which is implicitly a property of the observer, is produced by complexity or is located in any specific center in the brain. The implication is that **awareness or consciousness cannot be physical.** (5)

**POST-MORTEM SURVIVAL:** It is a watershed issue, because **post-mortem survival (rebirth) cannot be true if the physicalist worldview (consciousness is generated in the brain) is correct, and yet, there already exists a large body of substantial evidence indicating that rebirth does occur.** In *“Spirituality And Consciousness: An Emerging Vision For The Twenty-First Century”*(6) Edward F. Kelly discusses post-mortem survival as he presents a case against physicalist worldview.

**CHEMISTRY & PARTICLE PHYSICS.** We have studied that matter is made of atoms which, in turn, are made up of electrons, protons and neutrons. We also know that atoms are mostly empty space and 99.9% of their mass resides in a tiny central nucleus containing protons & neutrons. Particle physics discovered that protons & neutrons are made of quarks & gluons. Gluons are massless sub-atomic particles of strong nuclear force and the sum of the masses of the quarks is a mere 1% of the proton mass(7,8) The crucial question therefore is: **Where is the physical substance in matter?**  
Or: **Is reality as physical as we perceive it to be?**

**PSYCHOPHYSICAL INTERACTION:** Contrary to the common belief that physical events have a unidirectional, first-order causal effect on cognition, a meta-analysis study by Milojević and Elliott(9) of attention-modulated mind-matter interaction in the double-slit experiments revealed that mental activities are capable of influencing physical systems. In a separate study spanning 1998-2025, Dean Radin found that large groups focusing together at New Year's midnight produced small but consistent departures from randomness in a global network of random number generators(10).

Both these experiments, each analysing a reasonably large data set, demonstrate that **there are truths about consciousness which cannot be deduced from the physical paradigms limited to material events.**

**PSYCHIC ABILITIES:** Mainstream science has downplayed psi research citing replicability issues. However, the recently de-classified \$20 million research program of the US government (Star Gate Project), which explored the potential military applications of related psychic phenomena, tells a different story. The statistically significant results obtained in this project validates that remote viewing is possible. In our paper "*Primacy of Universal-Consciousness: Insights and Revelations from the declassified US Army Stargate Project*"(11), we discuss **the mechanics which is built on the premise: Universal-Consciousness is fundamental.**

**CONSCIOUSNESS STUDIES:** "*A landscape of Consciousness: Towards a taxonomy of explanations and implications*"(12) is a comprehensive, systematic and unbiased compilation of 325+ consciousness theories by Robert Lawrence Kuhn. Though in this paper the author does not share much about which theory provides the most useful explanation for all known human phenomenology, he shares his personal opinion in a subsequent interview(13). According to him, **dualism-idealism or dual-aspect monism - where mind and matter are not distinct, but two complementary, irreducible aspects of a single underlying reality - is the most convincing consciousness theory.**

## DISCUSSION

Recent developments, as highlighted in the previous section, are reshaping the scientific understanding of consciousness. A growing number of mainstream scientists are acknowledging that "primacy of Universal-Consciousness" is the plausible picture of reality – a picture which corresponds to many belief systems of the world, including the oldest documented schools of philosophy - the Indic schools of philosophy. This swing of perspective in the scientific community is evident from the surge in structured cross-disciplinary interactions (conferences, workshops, symposiums, research collaborations, etc.) with focus on the next steps. Nevertheless, the reductionists are still hopeful that they will be able to identify the biophysical basis of consciousness.

Reductionists trust objective empirical data. However, extraordinary research needs extraordinary strategy and any meaningful research on consciousness has to utilize all available means of attaining knowledge (like empirical data, inference, logical deduction, derivation from circumstances, analogy & comparison, cognition of non-existence, etc.) to create the

science-based picture of reality. Those seeking valid knowledge of consciousness will be able to do so only with the right instruments. If they keep using instruments incapable of measuring the object or phenomenon sought to be measured, they will be bounded by the limitations of instruments used.

The essential question that we need to answer is – Is it right to conflate non-measurability of Universal-Consciousness with non-existence of Universal-Consciousness?

Those who have understood or experienced the “primacy of Universal-Consciousness” have noticed a substantial transformation in their understanding of life. They are not waiting for the textbooks to change. They are adopting and adapting the ancient wisdom for conscious living, both for themselves, as well as for others. This is visible in the worldwide efforts at the grassroots level to spread this transformative experiential knowledge by engaging in informed conversations about yoga & meditation, healing & mental health, leadership & human potential development, natural agriculture, sustainable living etc.

This quiet revolution is not a retreat into nostalgia but a movement toward epistemic plurality – a world where multiple ways of knowing coexist without hierarchy and create an integrated system of knowing that brings together reason, observation, intuition, and inner experience.

## CONCLUSION

Big ideas mature slowly. The recent scientific findings demonstrate that we have reached the inflection point where Spirituo-Scientific worldview is being acknowledged as a valid worldview. Spirituo-Scientific worldview is a systematic & scientific way of thinking that embraces both the spiritual as well as the physical aspects of the universe. It is where the experimental knowledge and the experiential knowledge converge to provide a comprehensive perspective of the universe and ourselves. It is the space for genuine dialogue between scientific and spiritual worldviews—not to dilute either, but to explore how they might inform and challenge one another.

## FURTHER STUDIES

Acknowledging Spirituo-Scientific worldview does not imply that we discontinue the neuroscientific studies (present and upcoming) of consciousness. We are in no way implying that these rigorous studies should be discarded. We just need to redefine them. Instead of aiming to identify the biophysical basis of consciousness, our objective should be to understand the biophysical processes involved in the ‘expression’ of consciousness through the body-mind complex. By doing so, we will be able to determine more holistic, humane, and sustainable ways of engaging with the world—ways that honour both the clarity of science and the depth of inner wisdom. This, in turn, will guide the development of better-informed frameworks in

psychology, human-centric designs and even artificial intelligence besides opening new realms of intervention for modern medicine and informing discussions around ethical concerns surrounding the beginning and end of human life.

\*\*\*\*\*

### **Brief Profile of the Authors:**

**Manish Pajan:** As leadership consultant and coach, Manish is committed to helping organisations and business leaders find their next level of empowerment, growth and excellence. He regards it as his *swadharm*a (one's designated duty) to be a humble enabler of human evolution, one interaction at a time.

In pursuing this objective, he draws on his 25-year varied experience with leading organisations, and the formal education he is fortunate to have received at some of India's top institutions (IIM Ahmedabad, IIT Roorkee, DAV Gopalapuram Chennai).

Born to Kashmiri Pandit parents who instilled in him good values and exposed him to Indic wisdom from childhood, he believes he is guided on his path by the *anugraha* (grace) of his spiritually-elevated ancestors.

**Switi Gupta:** A chemical engineer (IIT Roorkee) with a master's in management systems (IIT Delhi), Switi's key focus area in the last 25+ years has been to design and develop easy-to-use systems for recording, managing and analysing data to successfully run enterprises. As founder member of Broad Strokes Ventures, she uses this experience to design IT solutions for remote business management, B2C marketplace and ERP solutions for Dairy & Food businesses.

She is also founder member at not-for-profit R&D organisation, GI4QC Forum, which is scientifically exploring the fundamental realm of reality in a balanced and structured way. She actively collaborates with other organisations and brings together like-minded people with the aim to transform the existing worldview to embrace a comprehensive spirito-scientific framework.

**Statements and Declaration:** We hereby declare that this manuscript is our original work and does not infringe on any rights of third parties. All sources have been duly acknowledged and cited. This work has not been previously published in whole or in part. We declare that we have no conflict of interest with our places of employment or anybody else in publishing this article. No financial support was received for the work within this article.

## References:

1. Cleeremans A, Mudrik L and Seth AK (2025). Consciousness science: where are we, where are we going, and what if we get there? *Front Sci*, 3:1546279.  
[doi: 10.3389/fsci.2025.1546279](https://doi.org/10.3389/fsci.2025.1546279)
2. Williams, B., & Woollacott, M. H. (2021). Conceptual cognition and awakening: Insights from non-dual Śaivism and neuroscience. *Journal of Transpersonal Psychology*, 53(2), 119–139.
3. Denis Noble: "Neo-Darwinism is dead" | We need a Biology Beyond Genes. *Video recording of the conversation with Hans Busstra uploaded by Essentia Foundation on 29 Nov 2025*  
<https://youtu.be/NAPhBt8VJCM>
4. Maria Strømme (2025). Universal consciousness as foundational field: A theoretical bridge between quantum physics and non-dual philosophy. *AIP Advances* 1 November 2025; 15 (11): 115319.  
<https://doi.org/10.1063/5.0290984>
5. Subhash Kak (2023). No-Go Theorems on Machine Consciousness. *Journal of Artificial Intelligence and Consciousness*, Vol. 10, No. 02, pp. 237-247  
<https://doi.org/10.1142/S2705078523500029>
6. Kelly, Edward (2025). Spirituality and Consciousness: An Emerging Vision for the Twenty-First Century. *Philosophy and Society* 36 (4): 789–810.  
<https://doi.org/10.2298/FID2504789K>
7. André Walker-Loud (2018). Dissecting the Mass of the Proton. *Physics Online Journal* 11,118  
<https://physics.aps.org/articles/v11/118>
8. Yang, Y.B. (2018) Proton Mass Decomposition from the QCD Energy Momentum Tensor. *Physical Review Letters*, 121, Article ID: 212001.  
<https://doi.org/10.1103/PhysRevLett.121.212001>
9. Teodora Milojević, Mark A. Elliott (2023). The causal influence of conscious engagement on photonic behavior: A review of the mind-matter interaction. *Progress in Brain Research* 280, 1-16.  
<https://doi.org/10.1016/bs.pbr.2023.03.005>
10. Radin, D. (2025). New Year's Eve as a Case Study in Experimental Metaphysics: Exploring Global Consciousness in Random Physical Systems. *Journal of Scientific Exploration*, 39(4), 393–406.  
<https://doi.org/10.31275/20253635>
11. Manish Pajan and Switi Gupta (2024). Primacy of Universal-Consciousness: Insights and Revelations from the declassified US Army Stargate Project. *International Journal on Eternal Wisdom and Contemporary Science*.1(2), 1-16
12. Robert Lawrence Kuhn (2024). A landscape of consciousness: Toward a taxonomy of explanations and implications. *Progress in Biophysics and Molecular Biology*, Volume 190, Pages 28-169.  
<https://doi.org/10.1016/j.pbiomolbio.2023.12.003>
13. All 325+ Competing Consciousness Theories In One Video. *Video recording of the conversation with Hans Busstra uploaded by Essentia Foundation on 23 Aug 2025*  
[https://youtu.be/h5G6Oc\\_V3Lw](https://youtu.be/h5G6Oc_V3Lw)