



## OPINION LETTER

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## Conscious World View Transforming Individuals, Science, Its Education and Research

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How we see and view the world determines how we act. The Western scientific world view that has continued to dominate human actions is based on the unproven 17<sup>th</sup> century assumption that Nature is only material/mechanical without consciousness [1]. The GDP economic growth index, technological advancements, highly materialistic life-styles, industrialized agriculture adversely impacting soil, water and air, have created a massive human footprint on the planet. Does our modern civilization face the possibility of a collapse similar to ancient civilizations, often due to soil erosion and the resulting shrinkage in harvests? [2]. To address this mega crisis facing humanity, we examine the world views of the ancient/native/indigenous/tribal (ANIT) cultures and their people that served as the basis to develop their philosophies, sciences and sustainable lifestyles for thousands of years. Respecting and worshiping Nature with its five basic elements,

Earth, Water, Fire, Air, Akash and their origin is the common thread among the ANIT people [3, 4]. A short video compares and contrasts the Indigenous and the Western world views [5]. Our document responds to an urgent need for individual transformation from a highly materialistic mindset, and a paradigm shift in the current science, its education and research, by unifying both material and consciousness under one umbrella.

Contemplative inquiry led the ancient and modern sages from India to the revelation that the five elements, all life and its

environment come from one source, *the pure space or Brahman*. Vethathiri [6] defined Brahman in four axioms: 1. *Plenum*. Omnipotent potential that blossoms into any object or any action. 2. *Self-Compressive Force*. Unified force that is the source of all forces. 3. *Consciousness*. The order of function in everything and everywhere. 4. *Kinematic Quivering*. The Self-compressive force acts on everything at infinitesimal intervals called kinematic quivering, which creates the assumption of *Time*. He presented a seamless, consistent theoretical framework that explained how Brahman transformed itself into the entire universe, our solar system, and all life on earth. This theory of Brahman resolves many societal and scientific dogmas. It unifies the material and consciousness under one umbrella, and views *Self, Society* and *Nature* as an integrated whole. We call it the *conscious world view*.

Does the common understanding of Nature with its five basic elements suggest a common ancestral origin of the human race? Indeed, the findings of modern genetic research that Frawley and Rajaram [7] have reviewed shows that our ancestors or *Homo sapiens* originated in Africa about 150,000 years ago, and spread all over the world. They include the people of indigenous Africa, ancient India [7], natives and indigenous of North America [8], native Hawaiians [9], Aborigines of Australia [10], *Tayronas* [11] of Colombia, South America, and Sami of Northern Europe [12]. Incorporating ANIT world view in the mainstream science education is critically needed, because it has been marginalized and strategically kept out under colonization of the world by the West. The Indigenous World Informal Science Education (I-WISE) workshops are advancing education, research and policy aimed at the convergent margin of Indigenous Knowledge and Western Science through a targeted group of

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the agents of change [13].

Presently, many creative thinkers, academicians and visionaries around the world are offering roadmaps to move forward. *Akash* is being recognized as the foundation for a paradigm shift in modern sciences and human consciousness [14, 15]. Cajate [4] took a major step forward in articulating an indigenous epistemology, and an indigenous science education model [16] to balance the dominant Western model in place. Suzuki [17] emphasized the interconnectedness of the basic elements and humans for survival of all life on our planet. Kofman [18] introduced *conscious business* to transform business through values. Kohli [19] proposed a consciousness based sustainable education model. Gupta and Sharma [20] proposed a theoretical framework to couple the lowest planetary frequency with mind frequency in Theta through meditation.

Lastly, we address what, why and how of individual personality transformation to bring about a monumental shift in human psyche. A strategic way to train the mind to totally eradicate the age-old negative emotions not only can expedite the healing **now** but also for the future generations yet to come. In this context, the new science of *Epigenetics* [21] shows that a child remains in *Delta* and *Theta* EEG frequencies in the womb and the first six years after birth and later goes into higher frequencies growing up [22]. The lower frequencies that define the subconscious mind, govern 95% of conscious actions for the rest of one's life [22]. We recommend a scientific, simple, secular and safe practice of meditation known as Simplified Kundalini Yoga (SKY) system that is available all over the world through the World Community Service Center [23] having headquarters in South India. SKY can be used to bring mind systematically to lower EEG frequencies of *Theta* and *Delta* [24] for reprogramming the subconscious. Congressman Tim Ryan [25] has identified mindfulness as the foundation for a peaceful revolution that is currently taking place in the USA. It is supported by the work of scientists and researchers from some of the most prominent colleges and universities that include, Harvard, Stanford, UCLA, University of Wisconsin to name a few. Recently, the University of New Mexico has taken steps to include mindfulness in its sustainability studies program [26].

To sum up, the *conscious world view* presented above can guide the development of a new science that we call *Conscious Science*. To launch and nurture it, collaboration and cooperation among many people and institutions with diverse cultural, educational and research backgrounds and talents is needed, which may be achieved through a virtual multi-cultural science research and education center [27]. A unifying framework consisting of Theory, Practice, Experience and Research [28] is suggested for its development. The potential impacts would be transformative and global.

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## Authors Column



Vijay is a professor emeritus of CEAE and a fellow emeritus of CIRES at the university of Colorado, Boulder. *Scale* became a pervasive theme in his highly interdisciplinary collaborative research, which has uniquely ranged from the molecular to the planetary scales. Vijay is the co-founder and CEO of the International Institute for Simplified Kundalini Yoga (IISKY), a non-profit 501(c)(3) organization. Vijay studied and practiced SKY with Tatvagyan Vethathiri for four decades bringing a strong sense of richness to his life and work. He is currently investigating the deep unified science that SKY philosophy offers.

See <https://cires.colorado.edu/emeritus/vijay-gupta> under current research.



Indira co-founded the International Institute for Simplified Kundalini Yoga, a non-profit 501(c)(3) organization, and serves as its president. Her unparalleled passion to bring consciousness into modern scientific arena through mind and meditation is life long. Her background in psychiatry and counseling inspired her to teach SKY system through retreats and workshops worldwide for four decades. She is dedicated to bring personal to planetary wellness through individual personality transformation for conscious co-evolution. Currently, she lives in Boulder, Colorado and collaborates with her husband Vijay on research projects involving the origin of consciousness based in pure space or Brahman. See <https://cires.colorado.edu/emeritus/vijay-gupta> under current research.



Jaime Saldarriaga Ph.D. graduate from Colorado State University (CSU), Civil Engineering Department, Fort Collins in 1970, major in Hydrology and Water Resources. A grant from the USA Fulbright Program-Institute of International Education made it possible to attend CSU. I continued with my professional life in my home country, Colombia, as a university professor, as a government officer for several institutions, as a researcher in policy oriented research institutions, and now as an independent researcher. In this final phase, I have become interested in the GAIA concept, and the conscious world view of indigenous peoples after the influence of Vijay and Indra Gupta. <https://co.linkedin.com/in/jaime-saldarriaga-ph-d-9054219>