

**QUANTUM STATES OF MIND:  
ORDINARY PERCEPTION TO EXTRA-ORDINARY PERCEPTION \***

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**Abstract**

The traditional classification of the four states of consciousness - waking state, dream state, sleep state and transcendence state - is combined through quantum states of mind - ordinary perception, extra sensory perception and extra-ordinary perception - to create a 12 state consciousness - perception matrix. The paper elaborates on the concept and nature of the three quantum states of mind, their correspondence to the body, mind and spirit and considers the relation of extra-ordinary perception to cosmic consciousness.

In Indian thought and Indian psycho-philosophy, four levels of consciousness have been well defined. These are:

- 1) Waking State
- 2) Dream State
- 3) Deep sleep State
- 4) Turiya, Transcendence or Transcendental State

The inter-connectivity between these four states of consciousness is through "GOD - Generation, Operation & Dissolution" cycles. These GOD cycles operate like the relay race. Waking state consciousness hands over its cycle to the dream state, which in turn hands it over to deep sleep state. In the reverse race, deep sleep state hands over its GOD cycle to dream state which in turn hands it over to waking state. The turiya state GOD cycle could be achieved through a quantum jump from waking state or through the dream state and deep sleep steps. Thus transition to turiya state could also be considered a step-by-step process. Individuals who master this step-by-step process can achieve the turiya state with ease and can also return to waking state with ease. In essence, they control the "GOD" cycles of consciousness.

Indian psycho-philosophy suggests that the four states of consciousness are within the realm of human experiences. In fact, many 'scientific insights' have originated from dream state of consciousness. Subsequently the insights were scientifically tested. Examples from scientific field include discovery of periodic table, benzene structure, double helix structure of genes etc. At transcendence level, the circle of consciousness expands and its radius could even become infinite. Commonly used phrases such as 'one is on the ninth cloud', 'seventh heaven', 'out of world experience', etc., are pointers towards such experiences. Maslow's concept of peak experience could be closer to the same. In fact, transcendence is even beyond Maslow's concept of peak experiences. It represents the 'super peak experiences' closer to nirvana point.

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We can identify three quantum states of mind viz. the state of Ordinary Perception (OP), state of Extra-Sensory Perception (ESP) and the state of Extra-Ordinary Perception (EOP). Considerable academic literature exists with respect to OP and ESP, though many still doubt the idea of EOP, because EOP experiences may not be testable within the framework of scientific paradigms and scientific testing. If we consider Extra-Sensory Perception as Extended-Sensory Perception, it is possible for us to have a rational explanation of ESP. Eagle can see far off. Whales can hear the whistle, from long distances. There are many such examples from nature. However, human being's capacities to see, to hear, to smell etc. are relatively limited in contrast to many other creatures. Can human beings extend such capacities? Of course, there is a technological answer to this question. Through technology, a person can extend his / her sensory power and thus achieve a state of extended sensory perception. Can he or she also extend his or her sensory power without the help of technology? The answer to this question is also in the positive. By altering the quantum state of mind through meditation and similar yogic techniques, a person can extend the sensory powers. Thus, Extra-Sensory Perception (ESP) could be brought within the realm of science, through a rational explanation for ESP experiences. It may be indicated that there can be a quantum state of mind that is even beyond the ESP. This state of mind could be referred to as Extra-Ordinary Perception (EOP), which is the root source of the creativity in human beings. When artists, scientists, mystic touch EOP state of mind, there is a gush of creativity just like the descent of Ganga from its point of origin. Krishna's 'viswaroop darshan' is an illustration of EOP state. It is a state wherein an individual experiences the cosmic connectivity and finds himself or herself in the Realm of Infinity (ROI). Take the case of a financial advisor, a knowledge manager and a creative person. Quantum state of financial advisor's mind is Return On Investment (ROI) and quantum state of a knowledge manager's mind is Return On Ideas (ROI), and the quantum state of a creative person's mind is, Realm of Infinity (ROI). This metaphor of the three interpretations of ROI, brings out the difference in three views, perspectives and mindsets in consonance with 'BMS' (Body - Mind - Spirit) model of human beings reflecting physical, mental and spiritual levels of consciousness. These three interpretations of ROI also correspond to three quantum states of mind viz. OP, ESP and EOP.

### **Consciousness - Perception (CP) Matrix**

When we juxtapose the four levels of consciousness viz. waking state, dream state, deep sleep and turiya with three quantum states of mind viz. Ordinary Perception, Extra-Sensory Perception and Extra-Ordinary Perception, we get a 4 x 3 'Consciousness-Perception' (CP) matrix as presented in Fig.1.

		Quantum State of Mind			Extended transcendental consciousness (Etc) experiences
		Ordinary Perception (OP)	Extra-Sensory Perception (ESP)	Extra-Ordinary Perception (EOP)	
State of Consciousness	Transcendence State	IV	(VIII)	I am divine, You are divine (XII)	
	Deep sleep State	(III)	(VII)	(XI)	
	Dream State	(II)	(VI)	(X)	
	Waking State	I am OK, You are OK	(V)	(IX)	

**Fig.1: Consciousness - Perception (CP) Matrix**

In the CP matrix, combination of Transcendence and EOP is manifested in nirvana point experiences. This state of consciousness could be described variously as 'OM' state of consciousness, as there is a realization of "I am divine and you are divine", I am AUM - 'All Unmanifest & Manifest', you are AUM - All Unmanifest & Manifest. While, "I am OK, you are OK" belongs to the realm of Ordinary Perception (OP), the echo of "I am divine, you are divine" comes from the Transcendence and EOP quantum state of mind. Using the metaphors of OK state, Oceanic state and Om state of consciousness, we can say that these three correspond to OP, ESP and EOP quantum states of mind in a step function, wherein jump from one quantum state to another is within the reach of human beings. The phrase 'From OK to OM' captures the transition of one's mind from ordinary perception to extra-ordinary perception leading to the state of 'Extended transcendental consciousness' (Etc). At this EOP level, individuals display 'charismatic creativity' as well as 'explosive creativity' and are always bubbling with new insights, ideas and perspectives. Many paradigm shifts in science have also taken place as a result of EOP-Etc experiences. It may be indicated that science is largely locked up in the waking and OP cell of the CP matrix, though at times, scientists have created paradigm shifts as a result of dream experiences. In contrast to science, spirituality belongs to Transcendence-EOP cell of the CP matrix. While spirituality accepts science, science has yet to accept spirituality. This is because paradigms of science have yet to transcend the Waking-OP state of consciousness, while paradigm of spirituality accepts all the states of consciousness.

**CP Matrix and Creative Flow: Cosmic Connectivity of Creativity**

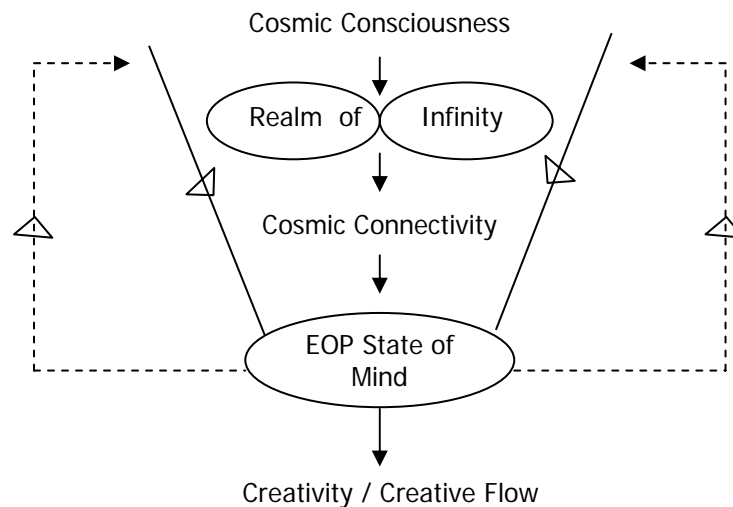
The waking-state scientists are broadly three types:

- 1) Abstract thinkers who may draw their insights from their EOP capacity e.g. Einstein. Such insights can then be put to empirical testing e.g. general theory of relativity as an abstract formulation and still under empirical testing with respect to space-time curvatures.

- 2) Observational scientists e.g. Darwin was observational scientist and given the nature his studies, the repetition of experiment is not possible.
- 3) Experimental scientists e.g. Mendel and his laws were derived on the basis of experiments.

Thus, waking state science could be 'abstract science', 'observational science' and 'experimental science'. In contrast to this, ancient Indian Rishis paid considerable attention to other states of consciousness such as dream, deep-sleep and turiya. Their insights, revelations and observations were derived from these states of consciousness. Hence, Rishi-science had its own distinctive place. Further, they were able to extend the power of their sensory perception through meditational techniques and 'mindscope' and mind's kaleidoscope. In case of science and scientists, such extensions of sensory perceptions are usually through technology e.g. telescope and microscope.

According to rishi-science, transcendence and EOP states facilitate the cosmic connectivity by establishing the linkage with cosmic consciousness. In fact, there are two routes to reach this state viz. route of meditation and route of darshan (direct-perception). The route of meditation is well defined with its own systematic discipline and procedures. The route of direct-perception (darshan) could be through opening of new doors as a result of a spiritual experience. Such experiences could also be transferred from one person to another e.g. Krishna gave 'viswaroop darshan' to Arjuna. Sometimes EOP experiences could be accidental as a result of confronting an extra-ordinary situation or event. Fig.2 presents connectivity flow between cosmic consciousness and EOP state of mind.



**Fig.2: Cosmic Connectivity & EOP State of Mind**

Our discussion on routes to creativity also provides an explanation of various creative activities of creative persons. For example, at the moment of poetic flow, an individual's mind is at the EOP level and he or she gets direct-perception ('darshan') of cosmic consciousness and feels its flow describing it as 'Divine Current'. EOP can also lead to a 'state of enlightenment' creating a transformation in an individual from ordinary person to Buddhahood. It may be indicated that while there are many examples of 'darshan' route to EOP, e.g. many saints and sages talk about darshan during dreams, the yoga route has been more systematically studied, documented and scientifically verified. There is also a need to explore and document the 'darshan' route to EOP. For example, it has been said that

Ramanuja, the great mathematician attained the EOP level of consciousness as a result of 'darshan' of Goddess Namakkal. The scientific community has deliberately and intentionally tried to downplay this aspect of Ramanuja's achievements as such assertions do not fit into scientific domain that draws its legitimacy from the waking state experiences of the senses. As the phenomenon of EOP has not been understood at the scientific level, its potential is yet to be tapped for the larger human benefit.

When cosmic consciousness rushes through an individual's mind, a creative flow takes place. It is often said, creativity is gift of God or has roots in divine inspiration. There is some truth in this saying. It means that an individual's mind finds an easy connectivity with cosmic consciousness. Cosmic consciousness descends into an individual's mind and heart just like descent of Ganga, leading to an effortless flow of creativity. The second route to connectivity is through a conscious effort on the part of an individual to connect mind and heart with cosmic consciousness and thereby derive the spark of creativity from cosmic consciousness. The second route is the route of well-known yoga techniques. The first route is more mystical in nature. It can be achieved through techniques of 'Osmotic Meditation' which don't require the rigid discipline of the traditional yoga techniques. They are rooted in recognizing and realizing the organic and osmotic relationships in nature and experiencing such relationships through 'natural connectivity'. These techniques are closer to the Bhakti approach to meditation. No doubt, all the Bhakti saints were highly creative individuals. Organic and osmotic connectivity with cosmic consciousness can also be achieved through 'gyana' and 'karma' paths. In fact, Bhakti-Gyana-Karma (BGK) constitute the 'Bijak' (seed) for establishing organic and osmotic connectivity with cosmic consciousness. Hence, all the three routes can lead to creative outbursts. However, different individuals may display different inclinations because of their 'natural endowments'. Thus, some are 'Bhakti', oriented, some are 'Gyana' oriented and some 'Karma' oriented and some can combine all the three. 'Natural endowments' and extraordinary experiences can also lead to 'natural awakening' and 'natural enlightenment' through 'natural way'. The 'BGK' - Bhakti, Gyana and Karma can create the necessary conditions for 'natural enlightenment' as it prepares the mind to receive new insights and revelations leading to 'natural flow' of creativity. It may be indicated that while 'scientific creativity' is largely rooted in 'gyan' / knowledge route, artistic creativity, tends to flow from the bhakti route. It may be indicated that nature may also endow an individual with extra-ordinary abilities of perception. Such an individual is a 'superb man' beyond the imaginative metaphor of 'superman' and beyond the metaphor of 'superb man', is the concept of avatara. Though such events are rare occurrences, history and mythology provide us some clues in this respect. Perhaps more than 'natural selection', natural endowment is at work in such cases.

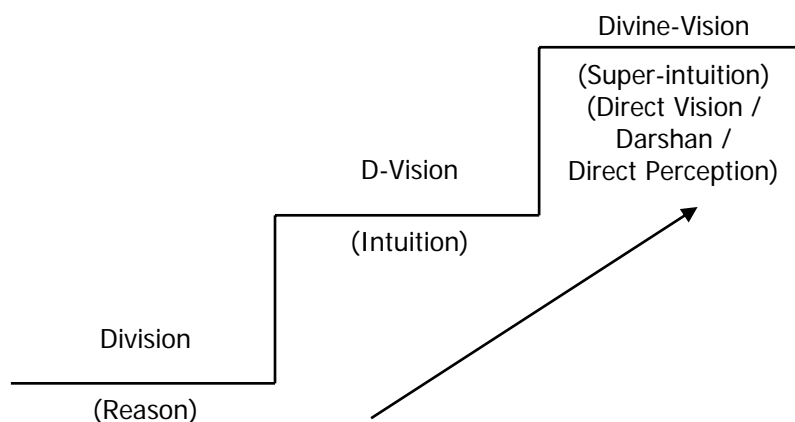
The framework of OP, ESP and EOP presented in this paper is also helpful in arriving at a typology of human experiences. The realm of human experiences includes experiences originating from OP, experiences originating from ESP and experiences originating from EOP. These three types of experiences could originate from confrontation with different levels of reality leading to different levels of pleasure and pain. In inter-personal interactions, different individuals could operate from different levels. Individuals operating from a matching level find it easy to communicate with each other. Thus, OP, ESP and EOP framework can also be considered as a communication model.

Human experiences in waking and dream states of consciousness could be negative or positive in nature and their intensities could be low, medium and high. Such 'streams of experiences' are also captured through shocks and surprises. However, when an individual reaches the transcendental state of consciousness, he / she is in joy and blissful state that has been described through the phrase, sat-chit-ananda, as the individual is beyond the dualities of shocks and surprises. This also explains the practical utility of yoga and its variants such as transcendental meditation for stress bursting and stress management. Popularity of bhakti or prayer can also be explained through the same reasoning.

### **Division, D-Vision and Divine Vision: A Framework of Visions for Typology of Psychology**

The states of mind could also be viewed in terms of three perspectives or visions viz. Division (Divided-vision), D-Vision and Divine vision. During Division state, mind views the reality in division terms. It divides the reality. In the 'scientific' approach to reality, mind usually operates in this state which is a 'reason' based dimension of mind. In general, "rationalists" operate from this state of mind. In contrast to division state, in D-vision state, mind takes a holistic view by viewing the entire horizon in its front. In this state mind operates at intuitive level. In its third state i.e. Divine Vision state, mind gets the direct perception or darshan of reality. Super-intuitionists such as sages and saints operate from this state. Thus, there are three approaches to viewing reality and also problem solving viz. Division or scientific approach, D-vision or intuitive-holistic approach and Direct-vision or darshan approach or Divine-vision.

Different individuals operate from different states of mind leading to different mindsets. Hence, they view reality in different ways and their approach to problem solving also differs. The three mindsets or states of mind could also be viewed in terms of a three steps model. This model suggests three methods or approaches to problem solving and decision making through reason, intuition and darshan or direct perception approaches corresponding to Division, D-Vision and Divine-Vision states of mind. During Division state of mind, mind views problems in terms of sub-problems and uses reason to analyze the problems and seeking solutions. This is typically scientist's mindset. In D-Vision state, it takes an integrative view and uses intuition to find solutions. As observed earlier, this is an artist's mindset. In Divine-Vision state, mind takes a direct-perception view and comes up with creative solutions that are holistic in nature and are 'out of the box'. It also represents the 'wisdom approach' to problem solving through super-intuition that is rooted in combination of reason and intuition. This is Rishi (Re-see) mindset. Fig.3 presents this steps model.



**Fig.3: Three Steps Model of States of Mind and the Mindsets**

In general, Division state of mind belongs to the arena of ordinary perception as indicated by the scientific faith in sense experiences. D-Vision state of mind belongs to the arena of extended sensory perception and Divine Vision state of mind belongs to the arena of extraordinary perception creating conditions for divine inspiration. It may be indicated that a manager has to combine all the three types of mindsets in order to be an effective leader. This framework of the three types of mindset can also be used to analyze many social constructs, social theories and social problems and issues. Many social science theories are rooted in division approach, wherein concepts and ideas draw upon divisions in society and communities. We come across examples of the same in our day to day existence. In the context of organizations, division approach leads to divided-vision leading to inter-personal conflicts. If instead of Division, D-vision approach is used, many integrative ideas would emerge. Further, if Divine-vision or darshan approach is used, higher order unity and integration would be more visible in many social issues and contexts. Thus, this framework can be used as a problem solving framework for solving problems in organizational and social contexts.

The three types of mindsets are also reflected in the very language and phrases that we use to solve problems through Division, D-vision and Divine-vision approaches. For example, the phrase, 'Conquest of Everest' represents the ego oriented world-view or Division mindset. In contrast, 'Quest of Everest' represents the eco-oriented or D-vision mindset. Viewing Everest as a place for spiritual experience and place of enlightenment represents the cosmic orientation or the divine mindset. Similarly, when feminist thought was rooted in Division mindset, it emphasized the woman vs man world-view rooted in the conflict view of life. When it shifted to D-vision perspective, it moved in the direction of man-woman complementarity. Further, the Divine-vision view suggests the yin-yang integration and the concept of Ardhanarishwar as foundation for an integrative vision of humanity. The three steps framework also leads us to a new typology of psychology presented below:

- I) Psychology based on Division mindset, wherein there is a distance between the subject and the object.
- II) Psychology based on D-vision mindset wherein there is a nearness between the subject and the object leading to intuitive experiences.
- III) Psychology based on Divine-vision mindset wherein there is a fusion between the subject and the object metaphorically expressed by the phrase, "Dancer becomes the dance". This is also the 'unitive' state of mind, representing the essence of 'Integral Psychology'.

It may be indicated that the three steps model suggested here is also in consonance with three schools of Indian thought viz. Dwaita, Vishish-adwaita and Adwaita. While, Division approach is equivalent to Dwaita, D-vision is equivalent to Adwaita. The discipline of psychology can also be viewed from these three perspectives. In fact, they could represent three paradigms of Indian psychology.

The framework of typology of vision in terms of Division, D-Vision and Divine-Vision suggested in this paper is also in consonance with Indian model of levels of consciousness. Thus, in waking state of consciousness, the division approach is widely used. As science largely deals with waking state of consciousness and waking reality, it tends to rely heavily on division approach. Descartes famous dictum, "I think therefore I am" is rooted in division approach to waking state reality. In dream state of consciousness as well as in deep sleep, mind operates at D-vision or intuitive level. Hence, many insights and revelations originate from these states of consciousness. At this level of consciousness, a reformulation of Descartes is needed. This could perhaps be "I dream therefore, I am". At the transcendental

level, this could be "I am therefore I am", which is derived from 'Aham Brahmasmi' or "I am Universal Spiritual Consciousness, therefore I am".

It may be indicated that the concept of 'scientific temper' largely draws its sustenance from waking state reality and waking state of consciousness and division approach. In contrast, the concept of 'spiritual temperament' is rooted in transcendental state of consciousness. For integration of science and spirituality, we need to integrate scientific temper with spiritual temperament. It may be indicated that 'scientific temper' could also have its limitations. For example, according to scientific temper, water is just H<sub>2</sub>O. It has no sacredness. However, spiritual view considers water not merely H<sub>2</sub>O but sacred element of life. According to scientific temper, Ganga is merely flowing water, but according to spiritual view it is sacred river. This is the essential difference between division approach and divine vision approach to life. Hence, the need for integrating science and spirituality and the need to move beyond the 'scientific temper'. This implies recognition of three levels of reality viz. Matter, Consciousness and Spirit (MCS) in consonance with Body, Mind and Spirit. While science largely deals with matter and to some extent consciousness, spirituality deals with consciousness and spirit or the Universal Spiritual Consciousness (USC), which reveals itself in varying forms in various space-time contexts and finds its expression in various names and forms expressed in many metaphorical ways. Thus, USC may find its expression in 'Divine RAGA' that suggests, Ram, Allah, God are manifestations of same 'Ananta' / Absolute, giving us a new meaning of Vedanta as Ved-ananta. This also represents the spirit of 'Adwaita Psychology'.

Journey of psychology from Division approach to D-vision approach to Divine-vision approach represents the transition from a scientific view (Skinner, *et al*) to humanistic / holistic view (Maslow, *et al*) to 'Integral Psychology' (Aurobindo), representing various quantum states of mind and 'ripples of consciousness'.

## **Conclusion**

In this paper, we have provided analytical perspectives on the states of consciousness and quantum states of mind. We have presented consciousness-perception matrix as a basis to understand the phenomenon of creativity, wherein EOP experiences have been described variously such 'aha', 'aho', Eureka, super-peak experience, divine experience, satori, etc. We have indicated that there are two routes to EOP experiences viz. the yoga or meditation route and the darshan (direct-perception) route. EOP experiences could pass through three 'E' stages viz. Encounter, Excitement and Enlightenment. An encounter with an event, person or a situation in an extra-ordinary context, could create excitement of super peak experience leading to enlightenment invoking a hello of creativity in an individual. Vivekananda's encounter with Ramakrishna Paramahansa is a well-known example transporting him to the Etc (Extended transcendental consciousness) level. Thus, EOP experiences open new doors of perception leading to a creative flow in individuals. It also facilitates flow of three forces, represented by three letters, G, O, D viz. Force of Grace, Force of Oneness and Force of Divinity. These three forces flow from Universal Spiritual Consciousness. Feeling the presence of GOD, implies feeling the presence of Grace, Oneness and Divinity. This can be achieved through the BGK (Bhakti, Gyan and Karma) routes. It has been mentioned that EOP experiences can also be transferred from one individual to another e.g. Krishna transferred it to Arjuna. In future, it may be possible to develop an EOP technology through 'osmotic meditation' techniques, to make people more creative. We have also presented the various states of mind in terms of Division, D-Vision and Divine-Vision states. EOP technology could lead us directly to the Divine-Vision state of mind. Some times such experiences could be accidental. In future, they could be imparted to individuals through EOP technology including yoga technology so that individuals could experience the 'Om' state of consciousness and be happy and spread happiness around.



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