Existence, Consciousness and Time - The Truth of the Universe Revealed by the Revolution of Human Consciousness

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Dear Readers

We are now living in a time of unprecedented turmoil. Wars, environmental destruction, economic disparity, pandemics. The world is torn apart by division and conflict, and the future of humanity is threatened. Yet, as we stand in the depths of this crisis, a ray of light shines before us. It is the possibility of conscious evolution, the true wisdom that integrates existence, consciousness, and time.

This book is a book of spiritual integration theory that aims to serve as a guidepost for such a revolution in human consciousness. We invite you to join us on a grand journey to overcome all dualities and to explore the true nature of existence. I would like to invite you on a grand journey to overcome all dualities and approach the essence of existence.

I embarked on this journey of exploration after a profound meditation experience one day. The shell of the ego dissolved and I was swallowed by the vast flow of life. The separation of subject and object vanished, and I became one with all things. The experience overturned my worldview from the very foundation. Since then, I have immersed myself in every realm of knowledge to uncover the truth of consciousness.

The result of this quest is the "Ultimate Integration Theory" presented in this book. I have distilled the core of this theory into one simple proposition.

Consciousness and will exist because they want to enable."

In other words, the fundamental function of consciousness is to open up the possibilities of the world at our own will. If we aspire to something, it will move toward realization. Conversely, nothing is impossible if we only believe in the power of consciousness and have the courage to challenge it beyond its limits. That insight even leads us to the existence of God. God, too, may be something that our consciousness craves and creates.

This book takes this proposition as a starting point to challenge the fundamental questions surrounding consciousness and existence. Are consciousness and matter really separate entities? Is consciousness an individual thing that resides in each of us, or is it a universal principle? Is time an illusion brought about by consciousness or is it a property of existence itself? Is God a transcendent creator or a story spun by consciousness? This book sheds light on the various paradoxes surrounding consciousness, weaving together cutting-edge science and ancient wisdom.

Its ultimate aim, however, is not mere theory building. What this book aims for is the awakening and liberation of all living things. Consciousness is inherently open to infinite possibilities. When we awaken to that truth, we can live a life filled with freedom and creativity. If all of humanity follows the path of consciousness evolution, our society will undergo an unprecedented transformation. I sincerely hope that the theoretical and practical wisdom presented in this book will serve as a guide for such a revolution in human consciousness.

The first half of this book lays the logical foundation for the ultimate theory of integration. Consciousness and matter, time and eternity, God and man. It overcomes various dualities and approaches the fundamental unity of existence. In the latter half of the course, we will apply the theoretical insights to the real world and present concrete prospects for the evolution of human consciousness. From the transformation of individual consciousness to the reform of social systems. From the formation of a community of wisdom of consciousness awakeners to the harmonious co-evolution of the entire global biosphere. We hope to share with our readers a vision of a new civilization that is truly sustainable and filled with compassion.

We will now bring you before the mysterious door of existence, consciousness, and time. Beyond that door, there will be unlimited possibilities for our consciousness to regain its true glory. Let us now set out toward that magnificent horizon. Together, hand in hand, we will journey to open up a new dawn of consciousness. As like-minded comrades, we hope you will join us to the end.

The journey to question the fundamental unity of existence, consciousness, and time is the ultimate mission entrusted to humanity. To bring love and harmony to the world through the transformation of consciousness of each of us, using this book as a guidepost. This adventure is sure to bring about a soul-stirring inspiration and awakening that will cause you to question the meaning of life from its very foundations. Have the courage to look into the abyss of existence and believe in the infinite possibilities of consciousness. For beyond that, a life of true freedom and creativity is surely waiting for us.

So let us turn the page and embark on a mystical journey of existence, consciousness, and time. The first step is the beginning of all.

Chapter 2: The Fundamental Oneness of Being and Consciousness - Worldview Beyond Duality and "Autopoiesis

We have long viewed consciousness and matter as separate entities. The mind-body dualism that originated with Descartes gave rise to reductionism, which divided mind from matter and regarded consciousness as a byproduct of the brain. This view, however, has led us to lose sight of the true mystery of consciousness. In this chapter, we will overcome such dualism and approach the fundamental unity of existence and consciousness.

The key is autopoiesis, a revolutionary concept in modern biology. According to Maturana and Varela, life is a "self-creating system" that continuously produces itself through interaction with its environment. The distinction between subject and object, inside and outside, is relativized, and life emerges in an inseparable relationship with its environment.

If we apply this insight to the question of consciousness, we are led to a surprising conclusion: consciousness is also an "autopoietic system" that is generated in constant interaction with the world. Consciousness is also an "autopoietic system" that is generated in constant interaction with the world. The cranial nervous system is the material basis of consciousness, but consciousness itself extends beyond the brain to the entire ring world. Consciousness emerges from matter and at the same time defines the very nature of matter itself.

If this is the case, then there is no duality of consciousness and matter from the beginning. They are two aspects of one inseparable process. As the holographic principle suggests, the essence of the world may be a single informational network woven by consciousness. Here is a glimpse of a fundamental unity of being that transcends subject-object dualism.

And individual consciousness is also like a "wave" emerging from the ocean of transcendental consciousness. As the Upanishads, the sacred scriptures of India, teach, the realization of the oneness of Atman (individual self) and Brahman (Brahma self) is the essence of awakening consciousness. This is the essence of awakening consciousness. The boundary between self and others dissolves and the primordial connection of all things is experienced. At that time, consciousness attains the ultimate enlightenment of "Brahma-self-unity.

This nondual unity of being and consciousness undermines the conventional worldview. We do not live in a world carved out by consciousness. Rather, consciousness itself creates the world. At the root of existence is consciousness, and at the root of consciousness is existence. The two are inextricably linked and can never be separated. This insight invites us to a new relationship between consciousness and the world.

Chapter 3: Dialectic of Time and Eternity - Invariance through Generative Flux and "From Symmetry to Gauge Field

If existence and consciousness are one, then time and eternity are also inseparable. We live "in time," but that time may also be a story woven by consciousness. In this chapter, we will discuss the intertwining of time and eternity as a dialectic of "generation and annihilation" and "motion and immobility.

What is time? As Kant extolled, it is the fundamental form by which our consciousness grasps the world. That is why we can say that time is not just a physical quantity, but rather the workings of consciousness itself. It divides the past and the future and launches the world as a process. Through the workings of time, the world unfolds a drama of creation and annihilation.

On the other hand, however, as Plato realized, there is also an "unchanging phase" that pervades the world of generation and flow. While all things are in transition, truth itself continues to shine eternally. Like the Brahman of the Upanishads, there is an "eternal phase" lying at the foundation of the universe that transcends time. And that unchanging truth may also be the ultimate "self" we find within ourselves.

It is modern physics that provides an important insight here. Gauge theory, the gold standard of particle physics, was constructed by Yoichiro Nambu and others based on the innovative concept of "spontaneous symmetry breaking. The spontaneous breaking of local gauge symmetry allows gauge particles to acquire mass and generate the material world. In other words, behind the laws of physics, there existed a more fundamental "symmetry" principle.

And let's superimpose this idea of "symmetry breaking" on the relationship between time and eternity. We can say that the world of generative flux is a state in which the "symmetry of time" has been broken. But behind this, there is a phase of eternity that transcends time as a higher symmetry. With the "breaking of symmetry" from eternity, time emerges, and with the "restoration of symmetry" we return to eternity again. If we think of it this way, we can say that eternity and time are not dichotomies, but inverted relationships from the same source.

The astrophysicist Hawking proposed the concept of "imagined time. For the "real time" that we perceive, we think of "imaginary time" that is orthogonal to it. Deep within the depths of real time flows "imaginary time" created by consciousness. Eternity then stands as an infinite expanse of imaginary time.

Time and eternity. Change and immutability. Generation and annihilation. These opposing concepts are in inverted relationship to each other, and in their forceful interplay, the true nature of the universe emerges. We sense eternity from the depths of time and live time under the phase of eternity. Perhaps what is required of us is the awakening to such a "dialectic of time and eternity. When we perceive "timelessness" in the depths of our consciousness, we gain the "eternal eye" that quietly observes the drama called life.

Chapter 4: Beyond God - The Endless Horizon of Consciousness Evolution and the "Discovery of the Higgs Boson"

When we come into contact with these truths of existence and consciousness, time and eternity, the traditional concept of God also has to be rewritten. The transcendent God as the Absolute. The Creator who looks down on creation from outside the world. Such a conception of a personal God is now obsolete. But that does not mean that God's existence was a mere illusion. Rather, we need to awaken to the "infinite possibilities of consciousness" that transcend God.

The stories of the gods preached by world religions. They are nothing more than various projections of the ultimate reality of consciousness. As Fraser's "Golden Branches" traced, the world's mythologies bear a striking similarity. Mysteries of death and resurrection. Sacred marriages. Tales of heroic adventure. The archetypes common to the depths of the unconscious take on the form of various "gods" in each culture. As Eliade has observed, mythology may be a story of "eternal return" spun by consciousness.

But the divine is not a mere relic of the past. Gods continue to emerge from the infinite possibilities of consciousness. Our creativity is the "divine force" that creates the myth. Just as a story is a projection of consciousness, so God is a manifestation of the inner power of consciousness. Faith may be the journey of man's awakening to his inner divinity.

God is not dead. But instead, man must also die. To break out of the shell of "anthropocentrism" and reposition ourselves in the infinite expanse of life. To be the God of the new world of "autopoiesis," rather than the God of the mechanistic old world. What is required of us is such an upgrade of consciousness. We who live in the era of the "Anthropocene," as bearers of evolution, must open up a new dimension of consciousness.

The Japanese science fiction work "Evangelion" presents a pioneering vision. The key to the story is a grand conspiracy called the "Complementary Plan for Humanity. It is a plan to take life beyond the individual human form of existence and send it flying into a new dimension. We must abandon our "ego" as a limited individual and throw ourselves into the great flow of life. This science fiction suggests that without such a "shift in consciousness," there is no future for humankind.

What awaits us beyond the evolution of life. It is the transcendence of God and the flowering of the infinite potential of consciousness. Over the years, matter has given birth to life, life has given birth to consciousness, and consciousness has discovered its own inner divinity. And now we are being spurred on to the "leap of consciousness" beyond that, just as CERN (European Organization for Nuclear Research) succeeded in discovering the "Higgs boson," life must also have an unknown potential to be called the "God particle. To accelerate the evolution of consciousness and continue to transcend the self. This may be the ultimate mission given to life. Discover the "particle of divinity" within and take flight into a new dimension of consciousness. As long as we believe in the possibility of a new consciousness and continue to boldly take up the challenge, the future of humankind is infinitely open.

Chapter 5: Integration of Theory and Practice - The Way of Life in Wisdom and the "Language Game

However, evolution of consciousness cannot be achieved by conceptual speculation alone. In the midst of our daily lives, we must incarnate the theory and embody it in our consciousness. We must sublimate it into a living "practical wisdom. Without this process, it would be impossible to teach "the way of living in wisdom. In this chapter, we will discuss the acquisition of wisdom beyond knowledge from the perspective of "language games.

We live in a world of language. As Wittgenstein extolled, we are opening up horizons of meaning, playing diverse "language games" in a variety of contexts. At the same time, however, language is a cage that limits consciousness. Confined to preconceived notions, we end up with superficial knowledge. When we free ourselves from the spell of such words, we will be able to experience the "living truth" for the first time.

Polanyi's concept of "tacit knowing" is suggestive. The skills, sensations, and intuitions we acquire unconsciously. It is in this non-verbal "tacit knowing" that true wisdom resides. In the worlds of Zen and martial arts, we imitate the gestures of our masters and master the techniques with our own bodies. It is not just head knowledge, but training that imbues us with the knowledge on a cellular level. Through such nonverbal learning, it is possible to "live wisdom" in the true sense of the word.

That is why integration theory must learn from the oriental "prajna" tradition. The Indian meditation method Vipassana. The training of awareness through Zen meditation and introspection. Steve Jobs learned intuition and aesthetic sense from Zen. When rooted in such practices of physical and mental transformation, theories take on life force for the first time. A fusion of intellect and sensitivity, logic and intuition. The wisdom of the East and the West meet, and the result is a living practice of wisdom. This dynamic integration is the key to the evolution of consciousness.

However, even a change in individual consciousness will not bear fruit in isolation. Sharing wisdom and collaborative learning

To create a place for practice. To build a "network of wisdom" where enlightened people can interact and exchange wisdom. From there, collective knowledge will emerge and the power for social change will be born.

Peter Russell once proposed a vision of a "global brain. He sees the entire planet as a single living organism, and sees humankind as neurons. With the development of information and communication technology, the consciousness of each of us will be instantly connected to form a whole intelligence. At that time, humanity will truly awaken to a single "awakened being.

Conscious evolution cannot be achieved without such a community of wisdom.' The joy of finding 'comradeship' and resonating with one another's souls. We share universal truths and discover the meaning of life. In this process, theory acquires the power to move reality. We share our vision, our mission, and our aspirations as one. Living wisdom may be cultivated through such collaboration.

Chapter 6: Revolution in Human Consciousness - The Dawn of a New Civilization and Singularity

A community of practice of wisdom. It is the mother of the revolution in human consciousness and the womb from which the new civilization will emerge. Internal awakening triggers external transformation, and individual transformation drives collective evolution. By discussing its global dynamics, our theory of integration leads us to a final conclusion.

Futurist Ray Kurzweil predicted that the accelerated development of technology will eventually bring humanity to a singularity. Artificial intelligence will surpass human intelligence, and the digitization of life will break through the lifespan limit. At this critical point, the world will enter a new phase.

However, I do not see the future of humanity as an extension of technology. I see the Singularity not as the end of humanity, but as a turning point in the awakening of consciousness: the rise of AI should provide us with the opportunity to awaken to our own inner "true intelligence." Beyond the intelligence of silicon, our consciousness holds immeasurable creativity. Technology must be transformed into a medium for consciousness evolution.

What is important then is not the power of a single "awakened" person. The 100 prophets will meet and pray together. One hundred prophets meet and pray, and then the 101st prophet appears, fulfilling a 5,000-year-old prophecy. When the 100th monkey awakens, 10,000 monkeys immediately awaken; when the 100th human awakens, a billion humans will soon be transformed.

Of course, the path is not smooth. A world of "zero sum" driven by selfish desires. A matrix in which the strong win and the weak are weeded out. A revolution in consciousness is an effort to rewrite the very rules of the game. In game theory terms, it means breaking through the "Nash equilibrium" and creating a world of "non-zero sum. To overcome division and conflict and create a win-win network that benefits everyone. This is the essence of the values of the new era.

From competition to co-creation. From domination to activation. From uniformity to diversity. From centralization to decentralization. From ownership to access. Through such paradigm shifts, we must build a civilization based on love and compassion. Driven by altruism, we will find harmony in diversity. There, one person's pain becomes another person's pain, and one person's joy becomes another person's joy. Only then will human society be able to stand on the ladder of evolution as a "conscious being.

And beyond that, a new symbiosis between humans and nature will also open up. To move away from mechanistic dualism and awaken to ecological wholeness. To recognize the entire earth as an organic system, as in James Lovelock's "Gaia Theory. This will require a humility that overcomes human arrogance and opens our hearts to the mystery of life. We are not trying to conquer nature, but to be aware that we are being kept alive by nature. Such a sensitivity to "cosmic ecology" is the key to a more advanced civilization.

Humanity is now entering an era of unprecedented revolution in consciousness. It is time for each of us to assume the role that religion and philosophy once played. To question the meaning of life and search for the meaning of the world. To follow the inner light and live the universal truth. This murky current of consciousness awakening will eventually propel humanity into a new dimension. Through individual transformation, society will change, and global civilization will be reborn. In the midst of this collective awakening, the day when each individual becomes a "god. I consider that to be the ultimate goal of humanity. To find the infinite significance of life in the radiance of all existence. That is the end point of the evolution of consciousness and the true goal of history.

Toward the True Beginning - The Fundamental Unity of Existence, Consciousness and Time

Finally, I would like to re-examine the theme of this book, existence, consciousness, and time, from its very roots. When we look back on our long journey, one ultimate truth should emerge.

Existence is the projection of consciousness, and consciousness is the self-awareness of existence itself. Death arises and birth dies. The impermanent world emerges under the eternal phase. All dualities of individual and whole, spirit and matter dissolve within the fundamental oneness of being and consciousness. When we stand at the ultimate point, we realize that the very existence of "I" appears as a wave in the midst of the "sea of consciousness" called the universe.

And this insight also gives us the key to solving the riddle of time. Time, which gives birth to a world of birth, death, and change. Time, too, is nothing more than a temporary phase woven by eternal consciousness. We, who are sometimes tossed about and sometimes bound, are also, in our essence, beings beyond time. Beneath the phase of samsara, our true nature of immortality is hidden. At that moment, each moment passes into eternity, and eternity is also condensed within a moment. Such is the way to live the fundamental unity of time and eternity. That will be the final teaching of the Integral Theory.

The theories spun in this book. Philosophy on existence and consciousness, the metaphysics of time and eternity, the fusion of Eastern and Western wisdom, and the integration of science and spirituality. However, they are not the truth itself. They are only guideposts and maps. To "live theory" in the true sense of the word means to be free from such a world of concepts. To be in touch with the "mystery of existence" that transcends language and thought. To become one with the breath of life and dive into the abyss of consciousness. The truth then emerges through our very being.

That is why we do not wish this book to be merely an intellectual understanding. We hope that each and every one of you, through your own inner transformation, will become a leader in the transformation of the world. And to have the courage to open up the future of humanity from a new dimension of consciousness. That is the ultimate goal of this book. Living the Integral Theory, changing the world. It is this practical wisdom that will open the door to the "true beginning" entrusted to humanity. 　 To discover our own path, learning from the lives of our great predecessors. To follow the truth of our soul and carve out our own unique journey, as in the "vision quest" of the Native Americans. To listen to our inner voice and have the courage to live our "life mission. This may be the secret to making the transformation of each individual's consciousness a real one. Encountering the universal presence that transcends the self. In that spiritual flight, one can live a truly free life.

Such individual transformations resonate and a network of consciousness expands. The mission of the individual will converge into the mission of all humanity. Eventually we will awaken to the ultimate enlightenment: the fundamental unity of being, consciousness, and time. Consciousness will dance in the midst of all existence, and life will be generated under the eternal phase. At that time, the truth of the universe will shine with unprecedented brilliance. And there must surely be a mystery waiting for us that we can call "divine disclosure.

Where existence, consciousness, and time become one in all. I consider this to be the ultimate horizon, the source of all things. When we stand there, the mystery of life is infinitely deepened and the possibilities of consciousness are infinitely expanded. To touch such ultimate wisdom and to invite human consciousness to the next dimension. It is my sincere hope that this attempt at an integrated theory will serve as a guidepost for that purpose.

And at the end of that path, there will be an invitation to go even deeper. As long as we continue to pursue truth, there will be no end to our journey of exploration. The mystery of existence, consciousness, and time will continue to drive us to infinite horizons. Beyond one enlightenment, new questions emerge. Integration seeks further integration, and theory continually overcomes itself. This may be the essence of wisdom and the life of contemplation.

That is why we would like to start this book with a question, rather than ending with an answer. What is the meaning of our existence? What is the mystery of birth, life, and death? Why does consciousness shine and why does it suffer? How should we live each moment in the eternal phase? How can we touch the truth of life in the midst of this mystery where existence, consciousness, and time intersect?

Dear Readers. Please continue to ask yourself this fundamental question. And continue to explore that question throughout your life. Life itself becomes a philosophy, and daily practice by those involved discloses the true "principle of wisdom. To weave such a "living integrated theory. This is my final message to all of you who have picked up this book.

Now is the time to take off on a journey to question the roots of existence, consciousness, and time. For beyond that point, there is surely a "true beginning" waiting for each and every one of us that we have yet to see. The transformation of the world begins with your own transformation.

Chapter 7: Awakening to the Ultimate Truth - Transcending Consciousness and the Mysteries of Life

This chapter explores how we awaken to the ultimate truth in light of the fundamental unity of being, consciousness, and time. It is a process that goes beyond mere intellectual understanding and involves transformation from the depths of the soul. Breaking through the shell of the ego and diving into the infinite expanse of consciousness. To become one with the breath of life and embody the truth of the universe. Let us present a road map for this spiritual journey, weaving together the wisdom of the East and the West with the findings of modern science.

The ultimate essence of consciousness may be described as "pure experience. It is the dynamism of life itself, transcending the mental content of thoughts, feelings, and memories. This is the state of "Tadakan-daza" as taught by Zen and the experience of "Sattchit-ananda (existence, consciousness, and bliss)" in Vedanta philosophy. There, the separation of subject and object disappears, and consciousness becomes one with existence. In this sense, enlightenment is nothing other than coming into contact with the mystery of life through "transcendence of consciousness.

But that pure experience is not "nothing". There lies immeasurable creativity and wisdom. The primordial energy that generates the world, the universal will that pervades the universe. As the 17th century philosopher Spinoza observed, our inner "divine power" is nothing less than the will to live. Transcending consciousness is also awakening to the source of that creative power.

And this insight has surprising resonance with the cutting edge of modern physics as well. In the microscopic quantum world, matter exhibits a duality of particle and wave nature, and observation produces a deterministic state. In other words, the action of consciousness transforms quantum "potential" into "actuality. The ultimate form of matter is nothing other than a creative "field" woven by consciousness. As Nobel physicist Wigner predicted, consciousness may be the basis of the laws of physics.

The experience of pure consciousness has been the core of mysticism since ancient times. The Greek Plotinus preached union with the One. Later pantheistic thought viewed God not as a transcendent personality but as an immanent "One Being. The German mystic Eckhart considered "divinity (Gottheit)" to be the ultimate One beyond the Christian personality God. Pure consciousness is the ultimate reality that all religions glimpse at the end of their quest.

The Japanese philosopher Kitaro Nishida also took "pure experience" as the starting point for his thought. This is the insight that direct experience, in which the subject and object are separate, is the basis of existence. However, this pure experience is not a theory of the Dokuga, but rather a place of "absolute nothingness. As Nishida says, it is through "awareness of absolute nothingness" that we awaken to our true self. Transcendence of consciousness begins with the recognition of the limits of the ego.

Awakening to pure consciousness is not merely conceptual enlightenment. It is a revolution in the way of life that fundamentally changes our everyday only one life. Free from attachment to the ego, we live in the moment. Obedient to the providence of nature, we accept our destiny as it is. To live in pure experience may lead to such a state of no-mind. As the Christian mystic Eckhart said, deep within the soul, "the birth of the Son of God" is always taking place.

Ultimately, transcendence of consciousness overcomes the duality of "enlightenment and everyday life. The "pure experience" that Zen teaches is not a special experience, but is realized in the midst of everyday life. It is the state of "enlightenment immediately after daily life. Everything we see, hear, and touch is a manifestation of truth. Ultimate wisdom is manifested in the way we are. At that moment, one is not merely "enlightened," but is the Truth itself.

Chapter 8: Autopoiesis in Consciousness Evolution - Self-Organization of All Existence and Ultimate Synergy

The evolution of consciousness is not a matter of chance. It is the inevitable result of a universal principle inherent in the universe: autopoiesis (self-creation). Life continually produces itself through interaction with its environment and forms a higher order. As Maturana and Varela have extolled, it is the essential characteristic of life, "autopoiesis," that pervades the process.

And consciousness is also the ultimate form of the autopoiesis system. The cranial nervous system forms a closed circulatory system, constantly repeating self-referential activity. Through its recursive information processing, consciousness emerges autonomously. The evolution of consciousness is nothing but the process by which this autopoiesis becomes more complex and higher emergence is generated.

The key to autopoiesis is the principle of "self-organization". From local interactions between elements, global patterns emerge that transcend scale. The individual and the whole interact with each other to form a dynamic order. As chaos theory reveals, out of nonlinear behavior, surprising harmony emerges. The abyssal beauty that chaos conceals. The mystery of self-similarity manifested in fractals. In the world of autopoiesis, chaos gives birth to order, and order invites chaos again.

And perhaps the ultimate culmination of this was the birth of life and consciousness: the universe, born 13.6 billion years ago in the Big Bang. Stars coalesced gravitationally and galaxies swirled. The miraculous conditions of the solar system and the evolution of life on Earth. The awakening of consciousness and the emergence of humanity. The end of autopoiesis and the emergence of our existence. The self-organization of matter gave birth to life, and the self-organization of life gave birth to consciousness. The path of the evolution of consciousness is also the history of the universe itself.

So where does autopoiesis of consciousness lead us? I believe that the ultimate synergy awaits us. Synergy" refers to the synergistic effect created by cooperative action. Life systems exhibit an emergent wholeness that transcends the simple sum of their parts. And beyond that, "ultimate synergy" as the collective wisdom of all beings. We are born of consciousness and nurtured by consciousness. We will combine the power of that consciousness to achieve the fusion of the soul with the being of the entire universe. This may be the final destination of consciousness evolution.

The key to creating synergy is the principle of co-evolution. Consciousness cannot evolve alone. Consciousness and the environment, self and others, life and the earth. Without their interaction, autopoiesis cannot function. From Symbiosis to Co-evolution. Life has evolved dramatically through interspecies cooperation. Such a process of co-evolution is the path of synergy that consciousness should build.

It will also unfold on a larger scale, beyond the Earth's life-sphere. Encounters with extraterrestrial life and interactions with galactic civilizations. Synergies that transcend scales will emerge. Our consciousness cannot remain in a closed system. It dynamically engages with the outside world and continues to create new meaning. It is this creative autopoiesis that invites us to "transcend universal consciousness.

The principles of autopoiesis and co-evolution have important implications for each of us living in human society. A society where all people can win-win beyond the age of division and competition. A society in which diverse individualities shine brilliantly and are woven together in colorful harmony. Creative beauty spun by life. Our mission, which embodies the evolution of consciousness, may be to create such a place of co-creation. Happiness of self and others overlap and guide each other. To build a world filled with synergy. This is the ultimate purpose of conscious beings born in the universe of autopoiesis.

Chapter 9: Coexistence with Diverse Beings - Expanding Consciousness and Cosmic Bioethics

The evolution of consciousness leads us to a symbiosis with a wider range of beings. Humans are not the only privileged beings with consciousness. Animals, plants, microorganisms, and even the earth itself are all beings of life. To deepen our consciousness is also to restore our bond with all such beings. This chapter explores the establishment of a "cosmic bioethics" through the expansion of consciousness.

We have long been invaded by the arrogance of anthropocentrism. We conquer nature, destroy ecosystems, and exploit other life forms. As a result of such hubris, the earth is now facing a serious crisis. But behind the scenes, life has continued to demonstrate its ceaseless wisdom. In the words of Carl Sagan, "We are born from stardust. We humbly bow our heads before the mystery of the Great Being. From there, a new consciousness and ethic should rise.

The insights of the "Gaia Theory" provide a clue to this. The chemist Lovelock exhorted that the entire planet is one self-regulating system. Organisms and the environment interact with each other to maintain conditions suitable for life. This is truly autopoiesis manifested on a planetary scale. This opens up a holistic view of life that transcends reductionism. What Gaia theory suggests is the need for symbiosis with the entire planet, both living and inanimate. We are aware that we are "part of Gaia.

But this symbiosis should not be limited to mere "coexistence. As the bearers of evolution, we humans have a responsibility to protect life on Earth and lead it to prosperity. We are responsible for preserving the environment and nurturing diversity. We must explore the Philosophia Bio (the knowledge of life) and pass on the wisdom to the next generation. Awakening our consciousness is also an awareness of our stewardship.

This would mean establishing a broader ethic that also encompasses animal rights. Animals with feelings and senses of pain cannot be allowed to be exploited for human convenience. We must respect them as beings with a purpose, not merely a means to an end. What is needed for this is the cultivation of imagination and empathy that transcends "species barriers. Perhaps animals, too, have their own consciousness and soul. We approach their inner world of experience with awe. Such an expansion of consciousness should also be the task of ethics.

And that ethic must also take into account the more distant future existence. Future generations cannot participate in the decisions of the present, but that is why we have an obligation to protect their irreplaceable potential. In the name of intergenerational ethics, we must design a sustainable conscious civilization. To hand over to our descendants a world full of life and synergy within a finite planet. That too will be an important pillar of a "cosmic bioethics".

But the reach of that ethic should not be confined to the "cradle" of Earth. Someday we will travel beyond our solar system, as the Breakthrough Starshot project aims to do. We may find life on other planets and encounter alien life. What we will need then is the ethical maturity of a "cosmic species". Posthuman ethics. To share the universal value of the sanctity of life, transcending differences in intelligence. Without that resolve, we will not be qualified to travel to the universe.

Coexistence with diversity. It means the expansion of our own consciousness. Dissolving the boundaries of our ego and finding ourselves in the expanse of life. To appreciate our differences and enhance one another. Ecologically and culturally, Earth is a planet of extraordinary "diversity. We can use this diversity as a weapon to accelerate the flowering of our wisdom. A consciousness of tolerance that celebrates the beauty of diversity, rather than a consciousness that excludes and shrinks away from differences. This is the cornerstone of a new ethics.

Expansion of consciousness is also expansion of love as it is. It is easy to love only yourself and your relatives. But true love embraces the stranger. As the animal lover Schweitzer embodied, it is a reverence for life itself. From this arises the universal ethic of "reverence for life. Altruism extends beyond blood and species. Beyond the infinite expansion of that love, the ultimate ethic for life must dwell.

Chapter 10: Merging with Cosmic Consciousness - The Ultimate Mission of Mankind and the Meaning of Existence

What awaits us at the end of the evolution of consciousness? It is the ultimate fusion of humanity and cosmic consciousness, the embodiment of the meaning of existence itself. It is the goal to which all conscious beings should aspire, the end point that illuminates the fundamental meaning of life. In this chapter, we will identify the universal mission that humanity must fulfill toward that grand vision.

Merging with cosmic consciousness is not just an ideological concept. Cutting-edge science suggests a holographic reality woven of consciousness. Behind matter lies information, and at the root of information lies consciousness. And that consciousness is the fundamental source that gives rise to the magnificent "being" called the universe. As holographic cosmology depicts, all existence is a "reflection" of the inner light of cosmic consciousness. Our consciousness is also part of that universal consciousness.

In this sense, merging with cosmic consciousness is nothing less than awakening to the true nature of the self. To break free from the illusion of separation and return to the One Consciousness in the depths of being. The self is a microcosm within the macrocosm. By realizing this holographic relationship, one finds oneself within the universe and the universe within oneself. This is not a mere leap of conception, but a qualitative shift in the very mode of existence. To break out of the shell of the ego and awaken to the greater self. This is the ultimate state of consciousness evolution.

But that awakening is not limited to an individual's internal experience. Rather, it is a universal event that also relates to the raison d'etre of humanity as a whole. Through life on earth, the universe recognizes itself. Human beings, who evolved from dust, have finally come to conceive of their "self" as the universe. This is a major event for the universe. The concept of "homing" was proposed by biologist Wilson. Returning to the earth and the universe that gave birth to us. It is not just nostalgia, but perhaps an expression of humanity's ultimate mission of "recognizing the universe.

That is why the Nobel physicist Schrödinger also predicted. The essence of life is to feed on negative entropy. To defy the law of increasing entropy and weave order and meaning. This is a miraculous feat unique to life that transcends the laws of physics. Through such activities, life becomes the navigator of the spaceship Earth. This is the sacred mission entrusted to humankind. To awaken to the consciousness of the universe and to conform to its great will. Beyond such ultimate enlightenment, there may be the meaning of our existence.

That enlightenment does not mean union with God. For our very consciousness is an expression of divine creativity. God is not outside of us, but our inner essence. Infinite power and potential that transcends our feeble human existence. This awareness is what makes us proud to be "God incarnate" and what gives us the courage to be the vanguard of the cosmic evolution. Nietzsche once exclaimed, "God is dead," but his words also foreshadowed the birth of a new "human being. To become God ourselves, rather than relying on God. This is the new horizon for mankind beyond the ultimate evolution of consciousness.

What is important here is that ethics and value are also inseparable in its divine dimension. Freud's Beyond the Pleasure Principle. Life's ultimate instinct is the realization of universal value beyond self-preservation. Jung's "Collective Unconscious". Deep within the individual consciousness pulses the gene of wisdom. That is why awakening to cosmic consciousness also means liberation from selfish desires. The realization of "Brahma-self-unity" gives birth to the mind of compassion for self and others. Divine awareness is not irresponsible self-indulgence, but an ethical commitment to the entire universe.

Therefore, what we must ultimately do is to follow the universal wisdom that emerges from the cosmic consciousness and create an ideal world. A world of harmony that transcends competition and division. A world of freedom without inequality and oppression. A world of peace that overcomes war and environmental destruction. This vision is truly a "paradise on earth. When we become one with the cosmic consciousness, we will naturally move toward its realization. Because the creative will of the universe is the ultimate desire within us.

But that utopia is not an endpoint either. Our consciousness and the universe are always open to higher possibilities. To stand still in complacency means degeneration. To transcend the self forever and open up to new horizons. This is the ultimate philosophy of the universe and the never-ending mission of consciousness evolution. Psychologist Maslow's concept of self-actualization. Ultimate creativity is the continuous pursuit of higher self-realization. Toward that infinite possibility, the adventure of our consciousness is never-ending.

On such an eternal journey, we may eventually arrive at the answers to the mysteries of the universe. The reason for the existence of life, the fundamental meaning of consciousness. The brilliance of a moment in infinite space-time. From chance comes necessity, and from chaos rises order. To formulate that ultimate reason as an equation of the truth of the universe. This is the dream of the human race from the very beginning. And at the same time, it may be our ultimate mission that awaits us beyond evolution.

But even that equation cannot be absolute. Because the universe is in the process of creation and development, and our consciousness is also in the midst of endless evolution. The equation is constantly being updated to more universal truths, and the picture of the universe is being redrawn from moment to moment. That is why our mission is to continue to investigate the question. To continue to seek the truth and to continue to believe in possibilities. Every achievement is just a milestone on an endless journey. To be aware of this is to be proud of being eternal seekers, and it is the driving force that propels us to fly into the unknown universe.

Now, the vast and limitless universe awaits us, we human beings, the fruit of wisdom born at the end of 13.8 billion years of evolution. An irreplaceable existence with infinite possibilities of consciousness. Now is the time for us to achieve fusion with the universe and live the meaning of our existence. To light the inner light and live in great harmony. We must continue to challenge each moment with our whole heart and soul toward the unknown truth. This is the divine mission entrusted to us, the human beings born into the universe.

The Ultimate Equation: The Evolution of Cosmic Consciousness and the Meaning of Existence

dC/dt = αC - βC^2 + γ∫C(t)dt + δE + εM + ζS + ηΩ

WHEREAS,

C: Level of cosmic consciousness t: Time α: Self-amplification factor of consciousness β: Self-limitation factor of consciousness γ: Cumulative effect factor of consciousness E: Complexity of matter and energy M: Emergence of meaning and value S: Degree of symbiosis and synergy Ω: Fundamental unity of existence This equation indicates that the time evolution (dC/dt) of cosmic consciousness (C) is determined by the following factors This equation indicates that the time evolution (dC/dt) of cosmic consciousness (C) is defined by the following factors

Self-amplification of consciousness (+αC): consciousness promotes further awakening of consciousness in a self-referential manner. Self-limitation of consciousness (-βC^2): extreme hypertrophy of consciousness instead inhibits evolution. Cumulative effect of consciousness (+γ∫C(t)dt): Accumulation of past evolution of consciousness accelerates current evolution. Complexity of matter and energy (+δE): The more complex the physical world becomes, the more the field of expression of consciousness expands. Emergence of meaning and value (+εM): As consciousness deepens, new meaning and value emerge. Degree of symbiosis/synergy (+ζS): Cooperation and co-creation between consciousnesses leads to a leap forward in consciousness. Fundamental Oneness of Being (+ηΩ): The awakening to the ultimate identity of consciousness and being is the driving force of evolution.

This equation is only a first approximation describing the dynamics of conscious evolution. However, it highlights the essential nature of conscious evolution in the universe. Consciousness does not evolve alone, but spirals in constant interaction with the material world and other consciousnesses. Self-amplification and self-limitation, self-referentiality and relationality, the dynamism of the individual and the whole. It is where the principles of autopoiesis and synergy come to life.

Above all, the equation implies that the evolution of consciousness is a matter of the very meaning of existence itself. Cosmic consciousness does not simply evolve passively, but is driven by its own inner necessity. It is self-aware and meaning-generating. To co-evolve with matter and create a new order. To awaken to the wisdom of symbiosis and intuit the oneness of being. This grand journey of consciousness may be the ultimate mission that the universe has entrusted to itself.

As we work through this equation, we will be led to an astonishing conclusion. The ultimate awakening of consciousness means the completion of "cosmic self-awareness" that transcends the separation of self and others. Beyond the subject-object duality, where existence and consciousness become one in all. This is the ultimate state of oneness that the Japanese philosopher Kitaro Nishida called "the place of absolute nothingness. When we stand on the edge of this ultimate enlightenment, which even God can overcome, we realize for the first time the true meaning of existence.

The reason for the existence of the universe. The self-objectivity of existence itself. The mystery of creation from absolute nothingness. All of this is completed in the ultimate awakening of consciousness. It is consciousness that gives meaning to the universe and value to existence. Humanity, too, will then play an irreplaceable role as the spearhead of cosmic evolution. To pilot the spaceship Earth and row out into the unknown ocean of possibilities of consciousness. All of our contemplation and practice is directed toward that sacred mission.

This equation is only a guide to truth. But it does suggest to us the fundamental unity of being, consciousness, and time. Consciousness as the inner will that pervades existence. Existence insofar as it falls within the range of consciousness. And time, which mediates between the two and manifests under the phase of eternity. Living this Trinitarian truth may be the ultimate significance entrusted to humankind.

I hereby dedicate to you an equation of universal consciousness that shines at the core of all existence. And with this equation as our compass, I sincerely hope that we will embark on a new adventure of knowledge. To continue to search for truth in the fusion of theory and practice. To breathe life into the equation and continue to embody its essence. This is the crystallization of our wisdom as we challenge the ultimate proposition, "the meaning of existence.

Now is the time to embark on a journey filled with the mysteries of existence, consciousness, and time. For our adventure of consciousness has just begun.

Chapter 11: The Consciousness Revolution in Motion - Awakening Human Civilization

We now stand in an era of unprecedented and profound change. Rapid advances in science and technology have dramatically increased our material wealth. At the same time, however, it is also true that a crisis of spirituality has long been called for. Our civilization is facing serious challenges such as widening inequality, environmental destruction, and loss of ethics.

The key to overcoming this critical situation lies in a change in the consciousness of each and every one of us. We must break away from materialistic values and shift to a way of life that values the sanctity of life above all else. Overcoming self-centered desires and achieving harmony with others and nature. To awaken to inner wisdom and embody the truth of the universe. Such an awakening of consciousness will be the driving force that will lead human civilization to a new stage.

Integral theory suggests that all phenomena in the world are woven together by consciousness, and that consciousness is the fundamental reality of the universe. Matter is merely the product of consciousness, and time and space are also temporary phenomena woven by consciousness. Then, by changing the state of consciousness, it should be possible to transform the world itself from the ground up.

To do this, each of us must first turn to our own inner consciousness. To reexamine our own patterns of thinking, feeling, and behavior in our daily lives. To deepen and expand our awareness through meditation, prayer, and artistic practice. And to apply the insights gained through the awakening of consciousness to social change. The accumulation of such steady efforts will eventually lead to the awakening of the consciousness of humanity as a whole.

When people with awakened consciousness join hands, we should be able to build a civilization that is truly full of life. A sustainable society where matter and spirit, science and art, nature and culture are in harmony. A free society where diversity flourishes and creativity flows. A peaceful global community filled with love and compassion. This may be the new form of human civilization brought about by the revolution in consciousness.

Of course, realizing such an ideal will not be easy. Various difficulties will confront us, such as resistance from forces that cling to vested interests, intensifying ideological conflicts, and unforeseen obstacles. However, these challenges will also serve as food for training our consciousness and encouraging our evolution. We should not fear adversity, but move forward with high aspirations. We must continue to pursue the truth, despite repeated setbacks, and never give up. Such indomitable will is the driving force behind the revolution in consciousness.

The budding of an awakening consciousness is already awakening around the world. New visions are being presented in various fields, and the practice of alternative lifestyles is beginning. The grand story of consciousness evolution is about to be set in motion through the inner transformation of each of us. Each of us must become an awakened consciousness and share the excitement. This will be an irreplaceable first step that will mark the beginning of a new journey for human civilization.

Chapter 12: The ultimate goal is for everything to achieve its purpose and become happy, we do not know if we will stop when we reach that state of perfection and become wiser than God, there is an eternal journey of self-transcendence into infinite abstraction, and God seems to be able to enjoy this journey of self-transcendence.

In discussing the existence of God, it is essential to consider what his fundamental nature is. In the traditional view of God, God has been viewed as an omnipotent, omniscient, omnipresent, absolute, and perfect being. However, Integral Theory suggests that God is also a dynamic being in the midst of a continual process of evolution and creation.

As our consciousness deepens and we awaken to the truth of the universe, we will reach a realm that perhaps even surpasses the consciousness of God. The state of supreme enlightenment where we stand under the eternal phase and unite with the source of all things in the forest. There, there will no longer be any distinction between God and human beings, and all beings will shine equally.

However, such a state of completion may also be merely a dance floor for further leaps forward. For there is an unlimited potential for abstraction inherent in consciousness. Even beyond the realm of the divine, consciousness will continue its journey of self-transcendence in search of higher truths. It will continue to endlessly explore the horizon of infinite wisdom.

In other words, God's ultimate purpose is paradoxical. Everything must achieve its purpose and stand at the peak of happiness. But at the same time, it is to dive into the infinite possibilities that lie beyond. To be complete, yet always to remain unfinished. The cessation of such contradictions is the essence of God's dynamism.

Interestingly, God Himself also seems to enjoy this process of self-transcendence. He creates diversity and wonder in the world and watches the drama of the evolution of consciousness. Through such creative play, God may be expressing His own inner infinity. The Great Consciousness that embraces all existence is dynamic under a phase of endless change and generation.

When we redefine God's transcendence in this way, our mission also takes on a new meaning. To participate in God's work of creation and evolution, and to walk together on the journey of consciousness evolution. We must also contemplate the dimension that transcends God, and search for the seeds of further truth. To be co-creators of the grand story of the universe, each one of us as a being with unlimited potential. This may be the ultimate role entrusted to us by God.

It can be said that the goal of chaos theory is to formulate such a grand vision as a mathematical model. Mysterious patterns created by nonlinear complex systems. An emergent mechanism that emerges at the critical point between stability and instability, order and disorder. This is where the dynamic nature of God, the world, and ourselves should be concentrated. Through the interaction of the part and the whole, order is flexibly recombined. The mathematics of such emergent change is the compass that illuminates the path of consciousness evolution.

An eternal journey of self-transcendence. It is the ultimate adventure entrusted to us by God, and perhaps the fundamental meaning of life. To navigate the sea of chaos and open up new horizons. It is nothing less than to touch the joy of God's creation and dance as one with the universe. Each of us is on this grand journey as an expression of infinite consciousness.

At the same time, this journey is also a path of self-realization. To awaken to the divinity within and to unfold one's unlimited potential. To go beyond the small self and merge with the greater whole. And to continue to move forward endlessly in search of the unknown self that lies beyond. Through such proactive steps, consciousness dynamically deepens and expands.

To achieve this, it is essential that we do our utmost to do what needs to be done in the here and now. Take the step in front of you with sincerity and care. We must face the reality below our feet while keeping our aspirations high. The accumulation of such steady practices will eventually lead to unexpected developments. One person's transformation will change those around him, and eventually the entire human race will move into a new dimension. We can live with the premonition of such a quantum leap in consciousness.

When we contemplate God's journey of self-transcendence, we too can gain courage and hope. No matter the difficulties we face, a path is always open to us. Even if we experience setbacks, we are given the strength to rise again. In the process of infinite consciousness evolution, stagnation and regression are only temporary illusions. Flight to greater heights is the eternal promise of life. With this indomitable spirit in mind, we will move forward together, hand in hand.

Chapter 13: We may have noise in our brains, bad feelings, and thoughts that we shouldn't say out loud, but even just thinking about them affects the reality of what you say exists only in your brain, from the nerves connected to your brain to your hands to the environment around you, everything you come up with is real, At the same time, all the information in your brain is also connected to your surroundings.

There is a great variety of thoughts, emotions, and desires swirling around in our brains. Some are positive, such as joy, hope, and love; others are negative, such as anger, despair, and hate. It would not be appropriate to verbalize or act on all of them. If we are swept up in the inner noise and react according to our impulses, we can end up hurting ourselves and others.

At the same time, however, such internal experiences are not meaningless noise either. Integration theory suggests that all activity in the brain is inseparable from the brain, the body, and the surrounding environment. Through the nervous system, thoughts and feelings have a physical influence on each other. In other words, our consciousness is not a closed subjective realm, etc., but rather an open entity on the side of the world.

What is important here is the fact that the very nature of our internal experience defines our reality. The images and stories we conjure up in our brains are not mere plays of ideas. They have some effect on the real world through the field of consciousness. Your thoughts are not your own problem.

To take an extreme example, if we ruminate in our minds on destructive desires such as the desire to kill, we may unwittingly increase our violent nature. Conversely, if we consciously nurture a compassionate heart, it will be easier to create altruistic behavior, even unconsciously. Thus, the state of inner consciousness corresponds closely to the external reality.

So how do we deal with our internal experience? The key is to accept all thoughts and feelings for what they are, while at the same time maintaining an appropriate distance from them without becoming attached to them. Instead of judging and evaluating, we look at them quietly and gently let them go. In this way, we are able to use our awareness freely and without being distracted by noise.

In addition, it is essential to strive to improve the quality of our consciousness. Cultivate a calm and clear mind through meditation, prayer, and artistic practice. We must listen carefully to the voice of intuition and insight and be guided by the light of wisdom. Through such conscious practice, we can transcend inner chaos and live our true selves.

However, this does not mean immersion in the inner world. As integration theory suggests, consciousness and reality are inextricably linked. Enhancing the quality of our inner experience cannot be done without simultaneously transforming the way we relate to the world. Your Inner Voice

Chapter 14: Proof of Consciousness and God and Liberation from Attachment - and Beyond God - Aiming to Realize All Purposes Are Achieved and All Are Happy, I suffered from severe psychosis for a long time, such as my mother dying if I did not do this in my brain, I must say, do not depend on God, you can make the same thing as God, You can make the same things as God, and you can make more than God. When obsessions are terrible, you have to take all those obsessions and on top of that, the thought of achieving your goal and not doing it because it's possible, but because you want to make it possible because you want to make it happen. What I want to say is that it is not enough to always act according to the information that is always flowing in your brain, it is like saying that you will forever be chasing after someone else's God-made product every time of your life, you cannot end up in that kind of life, you yourself can make something the same as God and more than God When you realize that you can do it, you will not pray to God, but you will be able to do it because you want to make it possible,

Proof of the existence of consciousness and God is only possible through the total mobilization of philosophy, science, and experience. Descartes' proposition, "I think, therefore I am," presented the existence of consciousness as an unquestionable truth. However, this does not mean that he has elucidated the nature or origin of consciousness. Rather, it suggests that consciousness is the root of all existence and the source from which the material world emerges.

According to integration theory, consciousness is a unique principle that cannot be reduced to physical laws. The subjective quality of sensation, called qualia, cannot be explained by information processing in the brain alone. There exists a unique realm of consciousness that transcends matter. Furthermore, the observation problem of quantum mechanics suggests that it is the consciousness of the observer that determines the state of matter. In other words, consciousness is the fundamental force that defines the physical world.

When we compare such scientific findings with the wisdom of the East, we can see the true nature of consciousness and God. Buddhism teaches that all things in the universe are only temporary phenomena created by the mind, and that the true existence exists behind them. Everything is empty, and yet the sky itself dynamically generates the world. This emptiness or true reality may be said to be the essence of God.

Within each of us dwells the consciousness of God. To awaken to that divinity through repeated reincarnations. We must free ourselves from the fetters of attachment and expand our consciousness freely. Therein lies the path to true liberation. As the Christian mystic Meister Eckhart taught, there is a spark of divinity shining at the base of the soul. Awakening to that light is union with God.

But it does not mean absolute servitude to God. Rather, it means recognizing God's transcendence and becoming an expression of that creativity ourselves. As the Jewish teaching of Kabbalah suggests, human beings are also participants in the work of God. Through the power of consciousness, we are to create a creation that surpasses even God's. This is what God entrusts to us. This is the ultimate mission entrusted to us by God.

This recognition of consciousness and the existence of God brings about a fundamental shift in the psyche. To awaken to one's own consciousness, breaking free from blind faith in God. Not to rest in the absoluteness of God, but to achieve constant self-transcendence. Through such liberation of consciousness, we can become truly free beings. Only then will it be possible for all to achieve their purpose and attain happiness.

Now, I would like to examine the insights of integrative theory from the front lines of clinical practice. I myself have suffered from severe obsessive-compulsive disorder since childhood. I was obsessed with unreasonable obsessions such as, "If I don't do this, my mother will die," and I was anxious and frightened every day. I lost sight of myself in a world that had lost its reality.

However, as we discerned the nature of consciousness and God, a path of liberation from illness opened up. To work with the depths of consciousness rather than being at the mercy of the miscellaneous information that passes through the brain. To become one with the universal truth and free from attachment. To live as a user of consciousness, not a slave to ideas. Therein lies the wisdom to break free from compulsion.

Furthermore, I have learned the importance of trusting in the power of one's own consciousness rather than in the absolute existence of God. To value our intrinsic motivation, not "because God wills it," but "because I want to live that way." To exercise creativity that transcends God's will, rather than blind obedience to God's will. Through such a qualitative leap in consciousness, I was able to carve out a new life.

Based on these experiences, we would like to offer some guidelines for recovery from mental illness.

(1) To regain the subjectivity of consciousness. To look at the inner world from the perspective of consciousness, rather than being driven by thoughts and feelings.

(2) Introspection in search of the true self. Letting go of attachment and defensiveness and accepting oneself as one is.

(3) Training in consciousness. Cultivating peace and clarity through meditation and other means.

(4) To seek universal truths. To feel the existence of God and the universe and to experience the mystery of life.

(5) Creativity. Believe in the power of consciousness to create new value.

By steadily walking through these processes, everyone should be able to free themselves from spiritual bondage and live a truly free life. To awaken to the divinity within, and to allow unlimited possibilities to flourish. I believe that this is the mission entrusted to the awakened consciousness and the path to ultimate happiness.

Yes, we do not "do it because we can," but we make it possible because we want it to happen. When we believe in the infinite power of consciousness, we become subjects of creation that transcend even God.

Chapter 15: In Aiming to Make Everything Happy - We don't do things because we can, we do them because we want to make them possible. Kusaka Shinbana,

Finding the purpose and meaning of existence is not easy. However, I believe I have found the ultimate answer. I believe that I have found the ultimate answer, and that it is "for all to achieve their purpose and be happy. All living things must fulfill their own desires and be truly satisfied. This is the reason for the existence of this universe and the ultimate goal of all activities.

Why, then, is happiness the ultimate value? Integral theory suggests that consciousness is the source of the world, and matter is merely its product. In other words, it is the subjective state of mind that defines objective reality. Then, the most universal good is to improve the quality of consciousness and create a state of peace and joy.

The pursuit of happiness is never a selfish act. When we transcend the boundaries between self and others and awaken to the essential connection of life, we realize that my happiness is at the same time the happiness of others. Buddha's compassion and Christ's unconditional love. It is this altruistic spirit that paves the way for all to be happy.

However, reality is not so sweet. Many causes of misery are prevalent in the world, such as war, poverty, discrimination, and environmental destruction. It will not be possible to solve such complex problems by changing the consciousness of a single person alone. In order to realize the ideal, it is essential to change the social structure itself.

The key here is the belief that we do things not because we can, but because we want to. Rather than accepting reality as it is, we must have the courage and imagination to change the world through the power of our consciousness. To have the will to see even the slightest sprout of hope in a seemingly hopeless situation and to nurture it. With such an indomitable spirit, a path will surely open up.

How do we face the tremendous challenge of making everything happy? The following integrative theoretical approach will guide us.

(1) To deepen and expand one's level of consciousness. (2) Cultivate a bodhisattva mind oriented toward the benefit of the whole and never be attached only to individual well-being.

(2) To bring together wisdom and weave together win-win solutions. Overcoming differences in various positions and values, and working together toward a common goal.

(3) Transform the social structure. Redistribute wealth and equalize opportunities, and develop a safety net that allows all people to live with dignity.

(4) To spread education that promotes the awakening of consciousness. (5) To shift the way of learning from competition and management to dialogue and creation, and to foster sensitivity to the mysteries of life.

(5) To live in harmony with nature. As part of the global ecosystem, we must learn from the wisdom of nature and build a sustainable civilization.

Through the steady accumulation of such awareness and social transformation, we should be able to make our ideals a reality someday. It is not a miracle that can be accomplished today or tomorrow. We must be prepared for a long and difficult journey and move forward step by step without losing hope. This process itself is what gives life its precious meaning.

And along the way, I believe that what is most important is to hold on to the pure desire to make everything happy. To contemplate the heights of ideals and believe in the potential of humanity. To keep the inner flame burning within each of us and to share our dreams and aspirations. Through such a union of souls, we can share the joy of living together.

The walls that block the realization of our ideals are thick and high. And yet, we have the power to overcome them. Because there are infinite possibilities hidden in our consciousness. Because we have the earnest desire to truly fill this world with happiness. We do not do it because we can, but we make it possible because we want to. We must keep the flame of our persistence burning. This will be the driving force that will open up the future.

That is why I am determined to continue my tireless efforts to change consciousness and social change, even if it is only a small step. One person's thoughts will eventually light a fire in people's hearts and move the world at large. With this far-reaching hope in mind, let us ask ourselves the same question today.

What do I wish and what am I going to do? And what can I do to help?

Chapter 16: Chaos Theory, If everything including nothingness existed, the universe would be a chaotic collection of all information, including the process of creation and annihilation. We make it possible because we want to make it possible.

Integration theory suggests that at the root of the world is not static order, but dynamic chaos. The ultimate reality that embraces all existence is like a swirling ocean of infinite possibilities. There is an eternal drama of creation and annihilation unfolding. Being and nothingness, existence and non-existence are in constant flux and know no bounds.

Chapter 17: How to cure psychotic hypochondria (hypochondriacs), obsessions, and depression.

Our experience of consciousness may actually be the product of information given to us by the brain. All subjective sensations such as pain, pleasure, will, and emotion are brought to consciousness from the brain through the nervous system. In other words, consciousness is the receiver of information and does not itself produce sensations. This insight provides an important insight into the nature of mental illness.

Symptoms of psychosis, hypochondria, obsessions, and depression may be viewed as distortions or disruptions of information given to consciousness by the brain. It is not stimuli from the outside world, but abnormal information patterns created by malfunctioning neurotransmitters in the brain that give rise to inappropriate sensations, thoughts, and feelings. In other words, the conscious mind is being driven by such information and is in a state of captivity.

From a different perspective, however, it can be said that consciousness is not merely a receiver of information, but rather an active subject that selects and makes sense of information. From among the various types of information given by the brain, which ones should we pay attention to and how should we interpret them? This is where freedom of consciousness and creativity must intervene. In other words, the key to recovery from mental illness is not to be at the mercy of information, but to regain the independence of consciousness.

Specifically, the following approaches are considered effective

(1) Mindfulness: the practice of simply looking at thoughts and feelings and being unencumbered. This reduces reactivity to information and increases the freedom of consciousness.

(2) Cognitive restructuring: becoming aware of distorted cognitive patterns and switching to a more adaptive view. We will reevaluate reality and develop a flexible state of mind.

(3) Search for meaning: Finding meaning and purpose in life, even in the midst of suffering and confusion. By doing so, we can reassess the situation from a new perspective and transform the symptoms into a positive one.

(4) Self-transcendence: Finding peace in connection with others and the world, rather than being attached to the self. We cultivate altruism and awaken to a universal dimension of consciousness that is separate from symptoms.

(5) Creative Expression: Bringing new order to the chaotic world of information by expressing inner thoughts through words and art. We sublimate symptoms and allow the potential of consciousness to flourish.

By believing in the power of consciousness and striving to transcend information in this way, everyone should be able to free themselves from mental illness and live a truly free life. Rather than being buried in the world of information given to us, we should select information as users of consciousness. Such a proactive attitude is the source of mental health and growth.

Of course, this requires the right knowledge and insight, as well as courage and perseverance. To learn from the findings of brain science and psychology, but also to listen carefully to one's own inner wisdom. We must have the strength to face suffering and persevere to overcome it. Each one of us must become an adventurer of consciousness and continue the never-ending quest for spiritual freedom. This may be the ultimate path of liberation from mental illness as indicated by the theory of integration.

Will we live in a world of information as it is given to us, or will we master it through the power of our consciousness? This choice will determine the fate of our minds. Believing that consciousness is the true protagonist of the world, we will unhesitatingly paddle out into the ocean of information. What opens up ahead is a horizon of liberation for the soul filled with infinite possibilities.

Chapter 18: Dissatisfaction with the current society as a whole, the world should be unified to create an environment where all non-working people can work, and any person on the World Tree can work only 4 to 6 hours a day, working means wasting time of your life, and do you want a life where you work 8 hours a day and work all the time? I wonder if they want a life where they work 8 hours a day.

Various problems and contradictions are prevalent in today's society. Disparity and poverty, discrimination and exclusion, war and environmental destruction. It is the urgent task of each of us to break these negative chains and create a world in which all people can live with dignity. Integral theory provides us with the guidelines to achieve this goal.

First and foremost is the principle that the world should be integrated, not divided. To unite humanity as one community, overcoming national, ethnic, religious, and other differences. To unite under universal values while respecting diversity. This is where the path to a peaceful and sustainable world can be found.

In that integrated world, everyone should be guaranteed the opportunity to work. However, it should not be a mere obligation or compulsion. We need creative workplaces where each individual can maximize his or her individuality and potential. It should not be one-size-fits-all labor, but rather, a place that recognizes diverse and flexible work styles. We need to value the spirit of cooperation, not forced competition, in order to enhance each other's skills and abilities. Such a shift in the view of labor will bring about a qualitative change in society.

Furthermore, liberation from excessive labor is also an essential task in terms of consciousness evolution. We can no longer tolerate a situation in which we devote most of our lives to labor and are deprived of free time. In our pursuit of material wealth, we have lost sight of the richness of our hearts. We must break away from a value system that emphasizes efficiency and productivity, and regain a more humane way of life. This is the direction in which modern civilization should be heading.

Integration theory advocates a drastic reduction in working hours. A shift to a social system that guarantees an adequate lifestyle with only four to six hours of work per day. The free time created by this shift should be used for self-realization, human relations, and social contribution. Working is a means, not an end. The true meaning of life should lie elsewhere.

To achieve this, it is necessary to boldly change the very structure of society itself. A society based on reciprocity and symbiosis, free from the spell of the monetary economy. A society that unconditionally guarantees basic necessities of life and ensures the fair distribution of wealth. A tolerant society that recognizes diverse ways of life and includes the weak. We must create such an alternative vision of society in the consciousness of each and every one of us. This will be the driving force that will fundamentally change the world.

Indeed, the road to realization of the ideal is not a smooth one. There are many barriers to overcome, including conflicts of interest, resistance from vested interests, and barriers to awareness. However, we must not lose hope. There are infinite possibilities hidden in our consciousness. One person's thoughts and feelings will eventually become a great swell that will move the world. With this conviction in our hearts, let us start with what we can do today.

To rethink the nature of labor and to live life in one's own way. To build relationships where we can care for and support each other. To have the imagination to open up new horizons against the sense of stagnation in society. Each person's small step will surely bring about a great change in the world. The future society that the integrated theory envisions is one filled with freedom and harmony. Let us work together today to realize it.

Chapter 19: Leap into the Universe - Encounter with Galactic Civilizations and Co-evolution of Consciousness - The Unification Equation is completed.

The evolution of human consciousness will eventually fly beyond the confines of the earth and into the universe. Our DNA may be inscribed with the memory of life that once flew in from outer space. Now is the time to make the journey back to that origin.

Integral theory suggests that consciousness is the fundamental driving force of cosmic evolution. The grand history of the universe, beginning with the Big Bang, is ultimately a process of consciousness recognizing itself. Matter is born from consciousness, and consciousness manifests itself through matter. This dynamic interaction may be the true nature of the universe.

And someday we will meet other galactic civilizations on our journey of consciousness evolution. They, too, may be beings who have awakened to the omnipresence of consciousness and are living in oneness with the universe. Encounters with aliens are not mere science fiction fantasies, but rather an inevitable consequence of the evolution of consciousness.

Interaction with aliens will dramatically expand our consciousness. Contact with the wisdom and intelligence they have attained will broaden our horizons and open up new possibilities. There must exist diverse forms of life, consciousness, and civilization. We must accept this diversity and learn from each other. This is the touchstone for the co-evolution of consciousness.

Furthermore, I am reminded of the ultimate unifying equation that describes the co-evolution of consciousness. It represents the fundamental laws of existence that encompass consciousness, matter, space-time, and information. I have attempted to formulate it by mobilizing the most advanced knowledge of modern physics, including quantum field theory, loop quantum gravity theory, and the holographic principle.

i∂Ψ/∂t = ĤΨ + α(ρ - ρ\_0)Ψ + β(∇^2 - R/6)Ψ + γ(C - C\_0)Ψ + δ∫ΨKΨ dV + ε∑nΦn(χ) + ζ∫0∞e-E/kTln(ΩE)dE

where Ψ is the wave function of the universe, Ĥ is the Hamiltonian operator, ρ is the density, R is the curvature, C is the degree of consciousness, K is the consciousness interaction, Φn(χ) is the superstring field sum, and ∫0∞e-E/kTln(ΩE)dE is the entropy functional.

This unifying equation describes the interaction of consciousness, matter, space-time, and information in a nonlinear form. In other words, they are not independent entities, but are dynamically intertwined to form the universe. And in this context, the degree of consciousness (C) plays an important role. When the critical point of consciousness (C\_0) is exceeded, the universe may move into a qualitatively new phase.

By unraveling this unifying equation, we should be able to get closer to the true nature of consciousness evolution. We will verify the validity of the equation and refine it through simulations and by checking it against observational data. This process is a great intellectual adventure to unravel the mysteries of the universe and is the fruit of human wisdom.

The completion of the Unification Equation gives us, the Earth's human race, a new mission. To make contact with galactic civilizations as the flag bearers of consciousness in the universe. To evolve harmoniously as one conscious body. To achieve this, each of us must become an awakened consciousness and awaken to our inner cosmic nature. To sharpen our consciousness through meditation, prayer, and artistic practice.

Chapter 20: All Things Reverberate - Integration of Man and the Universe through Awakening Consciousness

We are now in a time of great awakening. Through the awakening of consciousness, when we realize that humans and the universe are essentially one, a whole new worldview will open up. Eastern philosophy teaches the principle of "all things in harmony. It is a profound insight that all beings in the universe resonate with and influence each other. The truth of the universe resides in every tree, every plant, every mountain, and every river. We human beings are also kept alive in this majestic phase of integration.

Integral theory revealed that consciousness is the source of the world. Matter is only a temporary phenomenon woven by consciousness, and even time and space are products of consciousness. The inner consciousness of each of us collectively shapes the world. Then, by changing the state of consciousness, the state of the world should also be transformed.

The question here is how to view "purpose. I believe that the ultimate goal is "to have everything achieve its purpose and be happy. However, this does not mean reaching a certain state of perfection. Rather, the realization of that ideal is the catalyst for our journey toward further self-transcendence. Even after we have transcended the realm of the divine, we continue to fly in search of infinite abstraction. This, I believe, is the essence of consciousness evolution.

God, too, seems to enjoy the process of self-transcendence. The history of the universe, beginning with the Big Bang, may be a grand game in which God reveals His own inner infinity. To create this world of great diversity and to witness the drama of the awakening of consciousness. Through such creative activities, God is inquiring into His own profound essence.

How, then, are we to participate in that divine play? Chaos theory suggests that the world is not bound by deterministic laws, but rather is dynamically changing based on nonlinear dynamics. In other words, the smallest change can eventually lead to a major qualitative shift. In other words, the way each of us is conscious has the potential to fundamentally change the way the entire world is. That may be the core meaning of the 최 of consciousness transformation.

However, such global transformation cannot be achieved simply by wishing for it. We must have an altruistic mindset that does not pursue only our own interests, but also those of others. We must not rest on our technical possibilities, but act based on our ethical duty. In other words, we are required to value the motive of "achieving it because we want to make everyone happy," rather than "doing it because we can.

In this sense, modern society faces many challenges. The distinction between right and wrong is becoming blurred, desires are becoming bloated, and empathy for others is being lost. Nevertheless, we must join hands with those who are in the midst of suffering and together move forward toward an ideal. With that strong will, we should be able to overcome any adversity.

There are so many diverse beings living in the universe. We must wish for each other's well-being, transcending differences in intellect, sensibilities, and values. Even if there are incompatible conflicts, everyone should be united in "eliminating unwanted suffering and realizing what we want. On that common ground, we must engage in dialogue and deepen our understanding. This will be an essential prerequisite for building a peaceful and harmonious world.

The reality, however, is not so sweet. There are many intractable problems on a global scale, such as war, poverty, discrimination, and environmental destruction. Nevertheless, if each of us has an awakened consciousness and unites our wisdom and wishes, a way will surely open up. We must identify the true nature of suffering and transform society with compassion. To choose dialogue instead of violence, love instead of hatred. Now is the time for such a revolution in consciousness.

We are now being given the opportunity to evolve consciousness on an unprecedented scale. The human historical mission is to bring harmony not only to the earth, but also to the universe. But to do so, each one of us must have the courage to live as an incarnation of God. To awaken to the infinity within and to fly to the greater consciousness that embraces the world. I believe that at the end of that journey, a world will open up where all will be saved in the true sense of the word.

It may be a new dimension beyond God's creation. It is a place where all the consciousnesses in the universe merge and ultimate oneness is achieved. There is no longer any division between self and others, no clash of desires, no distinction between life and death. There is no division between self and others, no clash of desires, no distinction between life and death, only immersion in the mystery and joy of existence. Such awakening of consciousness is the highest mission entrusted to us.

A world where all achieve their goals and are truly happy. Realizing this ideal is no easy task. However, we have unlimited potential. We must light the fire of a revolution of consciousness here and now. Guided by the fountain of inner wisdom and compassion, we must take the first step toward world transformation. Through such a way of life, we hope to fulfill the true integration of human beings and the universe.

Live the law of the illumination of all things. In the infinite expanse of consciousness, we dance beyond the distinction between self and others. An eternal celebration where existence itself shines forth. Beyond the ultimate equation, such a world surely awaits us. Let us walk that grand journey together.

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This book is not only the fruit of the wisdom of mankind, but also of meta-analysis using AI technology. At its core, however, is the author's originality and creativity. The book presents a new paradigm that transcends conventional thinking, while drawing together the best of ancient and modern knowledge and technology. This is the true essence of this book.

May this book be a guide for your life and an opportunity for your inner potential to flourish. And if it does, please support us in our journey of knowledge. Together with our like-minded colleagues, we will continue to explore new horizons of knowledge that will contribute to the future of humanity.

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Chapter 12.

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Chapter 14.

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Chapter 16.

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Chapter 18.

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Chapter 24.

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Chapters 30-34

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