**SCIENCE AND TECHNOLOGY OF CONSCIOUSNESS**

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**What are the “four magic lifestyle choices,” according to Dustin Matthews, and why are they important?**

The choices are Sleep, Transcendental Meditation, activity, and nutrition. And all of these are important because they help the mind and body to be healthy.

**How does the Consciousness-based Paradigm complement the view of the Unified Field Theory of Quantum Physics, as explained by Dr. Hagelin?**

Quantum field theory describes the world of the atomic nucleus and the subnuclear particles, and under these particles, there is a unified field. With the consciousness paradigm, people do Transcendental Meditation to get consciousness. Consciousness, let people live, feel the unified field.

**What does it add to the Unified Field Theory?**

The consciousness paradigm adds to the Field Theory, the knowledge of the road to get the unified field.

**Why does Dr. Hagelin maintain that consciousness and the Unified Field are one and the same thing?**

Because both theories reach the origin, reach the unified field

**Why does he say that the Consciousness-based Paradigm (also known as STC and SCI) is more complete?**

The consciousness-based paradigm is more complete because people can get the unified field by the Transcendental Meditation