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**Question A:**

The two fundamental aspects of life as explained by SCI are: absolute and relative, rest and activity, non-changing and ever changing, source of thought and mind, unified field and matter.

**Question B:**

Theuniverse is structured in layers of creation, from the superficially diverse macroscopic classical world to the deeper levels of the molecule. The surface level of sensitive reality is the classical world underneath it is the world of the molecule and the atom which is the realm of Quantum Mechanics. Then comes the atomic nucleus and the sub nucleus particles which is in the world of Quantum Field Theory. At last is the unified field theories which are based on the Superstring theory. These theories locate a single universal field of nature’s intelligence.

The world superficially is complex and enormously diverse, but when we get deeper into the structure of reality, the nature becomes much simpler, leading to the discovery of fundamental unity at the basis of the superficially complex world.

One thing about the unified field which is extremely interesting is not being separate from ourselves, it is our innermost self. We can refer to the fundamental field as an ocean of existence or intelligence at the basis of the emergence of the universe. Quantum mechanics proves that the unified field is intensely dynamic, the Heisenberg uncertainty principle states that nature becomes more dynamic as it gets deeper. For example, the nuclear power is more powerful than chemical energy.

At the infinitesimal scale or the Planck scale, the unified field is infinitely dynamic and seems to be percolating bubbles within itself, these bubbles are called Superstrings. It is the tendency of the unified field to percolate Superstrings. The Superstrings are like miniature rubber bands, from a distance they might seem like particles, but they are more than particles.

Superstrings can wiggle like rubber bands. The vibrational modes and frequencies of these superstrings map to different elementary particles and forces that comprise the universe. The different vibrational tones of the unified field are what we used to call the electron, the photon, the graviton. As a result, we are living in a world not consisted of particles, but different fundamental harmonics which is like a symphony, and superficially it appears like a material universe.

Meditation is a technique to take the outwardly directed attention to explore deeper levels of mind and reach more abstract and powerful levels of human intelligence. The inward flow of the awareness can culminate within minutes in the experience of going beyond thought. Transcending all mental activity, all concentration, and all visualization to a state of pure abstract awareness. There are different methods to measure the creativity and intelligence of the brain and all of them are significantly improved by transcending.

There is a structural correspondence between the emergence of consciousness and the emergence of physics. Consciousness behaves like a field with translational invariance and a spectrum of vibrational modes. There are five modes of consciousness which arise in the context of the TM-Sidhi program. These modes are akasha or "space", vayu or "air", agni or "fire", jala or "water" and prithivi or "earth". A very similar structure is observed within the framework of quantum field theory. There are also five fundamental categories of quantum field, which are responsible for the entire material universe. These are the spin-2 graviton (responsible for space-time curvature and the force of gravity), the spin - 3/2 gravitino (appearing only in the context of a supersymmetric field theory), spin-1 force fields, spin -1/ 2 matter fields, and the spin-0 Higgs fields responsible for symmetry breaking.

There appears to be a striking correspondence between the five tanmatras (Consciousness elements) and these quantum-mechanical categories. The space tanmatra and the gravitational field. The air tanmatra, which stands as a link between space and the other elements, and the gravitino field. The fire tanmatra, responsible for chemical transformations and the sense of sight, and the spin-1 forces. The water and earth tanmatras and the spin-% and spin-0 matter fields.

**References:**

* [**https://www.youtube.com/watch?v=Fqdcdky9wR4**](https://www.youtube.com/watch?v=Fqdcdky9wR4)
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