**Chapter 21**

**Utilizing the All-Powerful Unified Field**

A large number of scientific research studies[[1]](#footnote-1), conducted in various research centers around the world, have proven the effectiveness of Consciousness technologies for the individual and for society. Conflicts and crime have been substantially reduced and greater harmony and peace have been shown to result from the collective performance of these techniques.

As little as the square root of one percent of the population of a city or a nation can produce the desired results[[2]](#footnote-2). About eight hundred people, for example, can accomplish significant results for all of France or the UK; less than two thousand for the USA; less than four thousand for the whole of China or India; and less than ten thousand for the entire world.

Transcendental Meditation and its advanced techniques as taught by Maharishi are effective technologies of Consciousness because they enliven and harness the indomitable source of all power and energy. They create an invincible shield for a given nation and ultimately the whole world. In terms of love, compassion, and unity in diversity, the Unified Field is like the sap of a tree or a flower. The same sap appears as the many aspects of the leaves, branches, stems, and flowers. We are all expressions of the Unified Field.

We are no longer in – nor do we want to go back to– the medieval era with its concepts, values, and ways of acting and reacting. In the same way, we need to rise above the limitations of the classical perspectives on reality still commonly accepted by most people as a valid worldview, just as it was once accepted that the Earth was flat. Today, it is erroneously believed our world is made out of separate, unrelated objects and phenomena which, independently from each other, appear and disappear in time and space. We need to look at reality as science reveals it and use a more advanced technology to confront and solve our problems always in accordance with the most advanced knowledge of our time.

Power can be harnessed and displayed on all levels. On the surface level, you can have mechanical power. Deeper, there is biological power. Even deeper, you have chemical power. Then you have molecular power, which can be accessed at the genetic level, or the atomic level, such as the atomic bomb (perhaps the worst of all possible uses), or more positively, harnessing nuclear power to generate heat and electrical power to make people’s lives more comfortable. Deepest of all is the Unified Field, the home of all the laws of nature that silently structure and maintain the infinite diversity of all that is manifest.

This is not science fiction, but rather the most accurate scientific picture of the universe we are capable of painting at this time. Reality is not limited to what the sensory equipment of our human nervous system is able to process. Corresponding to the refined layers of the physical world uncovered by “objective” science, are progressively deeper subjective layers of perception, thought, feeling, intuition, and understanding.

When we have greater awareness and broader consciousness, we use higher individual and collective intelligence and become capable of solving all the problems that worry us, from climate change to poverty, from economic inequality to border disputes, without becoming mired in the bickering involved in the everyday run of politics and elections or, more importantly, resorting to war.

To resolve differences by using one’s intelligence rather than by fighting is always more advantageous for everyone. The core issue here concerns the level of consciousness individuals and societies actually have. The more limited an individual’s awareness, the less is their ability to make the right decisions. Their inherent freedom is also less. This is true for groups of individuals and, by extension, entire nations.

**The more limited an individual’s awareness,**

**the less is their ability**

**to make the right decisions**

An animal has very limited choices under most circumstances compared to a highly evolved individual. Various levels of human consciousness have corresponding levels of freedom of choice. This poses a “moral” question. We do not judge animals for their behavior - we know it is instinctual. Instead, we modify animal behavior either forcefully, using deterrent techniques, or by positive reinforcement and behavior training. Should we do the same for humans?

If someone commits a crime and is found mentally unfit, he or she is generally committed to a rehabilitation program. If they are mentally fit and deemed fully responsible for their wrong actions, they are punished accordingly. Yet there is always some measure of mental or psychological unfitness in anyone committing a crime. Legal systems face growing challenges as neurological and cognitive techniques correlate mental unfitness with brain activity, and research shows so many people exhibiting improper behavior have corresponding abnormalities in their nervous systems. The use of punishment or reward has been around as long as animals and humans have existed - ranging from simple frowning or smiling, through more drastic responses such as the atomic bomb, and the threat of eternal damnation in hell, or conversely, promises of life in paradise. Yet wars and suffering have continued. Ultimately, we need to raise individual and collective consciousness to awaken in every individual and in every society maximum intelligence, raising life on Earth from an animal-like level to a heavenly level.

More basic than intellect is the field of pure Being, which is the Unified Field we’ve been discussing - the source of all that is on the surface. It’s the primary field of relationship, entanglement, coherence, and interconnection. It’s the great wholeness in which all the apparent parts are expressions of the one Singularity, the infinite waves of one ocean of Consciousness.

When you ask people who they are, they typically give you an answer with a name, a nationality, maybe a belief system, maybe their educational or professional credentials. These factors express, and highlight, the differences between individuals, cultures, beliefs, social and economic classes that divide us and can so easily produce discord and even enmity. This kind of self-identification is all that most people have experienced and known about themselves—and others as well. When confined to these outward definitions of the self, we are isolated within the boundaries of a family, a group, a society, a nationality, and a creed or ideology. We then have grounds to distrust or fear others who might attack or damage who we understand ourselves to be. Love cannot truly be full under this incomplete and self-limiting conception of the self.

“Fear is born of duality,” says the Veda. When you have two forces, the possibility of one taking over, or removing some benefit from the one and shifting it to the other, or diminishing or even destroying the other - is always there. Whenever there are two, they can clash. Even within one’s own individuality, intellect can be in contention with the heart; feelings or deep emotions may very well vie with reason for domination, or selfish desires battle against duty or responsibility.

When people identify with a specific, limited sense of I-me-mine, with a particular set of qualities, there will always be “the other,” who has different boundaries and characteristics, yet often also driven by their own narrow self-interest. This duality always holds the seeds of fear and hostility, and thus the potential for conflict and even violence.

How do we eliminate the “other?” We don’t want or need to do anything on the surface. Rather, what is called for is a transformation in ourselves, and in our way of perceiving others, such that we come to know the unity that underlies our surface differences, that runs deeper than our world views and preferences, even our disagreements - and reveals that deep down, we are the other – that we are everything, the totality. That sounds like a very lofty, idealistic notion, an intellectual construct that can never work in real life. And in truth it will never work to simply think or say or try to believe that you are the other, and everyone is the Unified Field – because you wake up in the morning, you look in the mirror, you find yourself face-to-face with the boundaries of your individuality, and this is who you naturally think you are.

To know who we most deeply are is crucial to all potential solutions for our world. It’s important because who we really are is the unbounded pure Being within the self, pure Consciousness. This self-understanding and self-definition transcends all the limited identifications with one’s religion or race, gender or belief, and sets us all on an equal footing, in whatever way we may conceive or express it - universal citizens of the world, children of God, members of one inclusive family.

All the great traditions in the world have guided us towards this awakening - know thyself - know the Kingdom of Heaven which is within you - “Thou art That.” And now science is clearly pointing this out. What are objects? What are people ultimately? Separateness is illusory, or at least a superficial appearance. The more we explore below the surface levels, the more certain it is that we are one Unified Field, an unbounded ocean of pure being. This unity of life has long been understood in spiritual terms, and now it is coming to light through the explorations and revelations of science.

This is the true and complete meaning of “Know thyself.” Because the Unified Field is the source of everything and everyone, such that when our awareness opens to it we begin to know in an intimate and most fundamental manner that we are one with everything. This is not merely an intellectual analysis or conviction. Although we could very well arrive by intellectual analysis at the conclusion that “all is one,” what I am really talking about is direct experience, an awakening in one’s innermost Being.

It is an innocent waking up from the dream of duality to the unity that binds us to all being. And just as you do not wake up from a dream in the night until you actually realize, “Aha, it was only a dream,” similarly, no effort is needed for this awakening; it happens naturally from the repeated experience of pure Consciousness within the Self. Many small, daily awakenings, glimpses that come and fade away, eventually result in one expansive, permanent awakening to the unity of our true nature.

Gaining the experience and understanding of this Unified Field is the best hope we have to co-exist peacefully in a world of divisions, conflicts, and far too often violent confrontations among religions and cultures whose values sometimes directly oppose one another. Mother Nature shows us a beautiful example of how this is possible.

For a flower to flourish, or for any plant to blossom, it needs air, it needs water and it needs sunshine. Together they allow the plant to grow in a healthy way and become beautiful and fully itself. If you consider these aspects separately, you might find them in contradiction with one another - the water wets, but the air and sun dry. So the sun and air are in conflict with the water and one might expect that they should fight each other for domination. But it is the togetherness of these factors that allows the plant to grow. Sometimes opposite values are necessary for proper development and evolution.

**Co-Existence of Opposites**

Differences between peoples and cultures need not be a problem requiring elimination. Rather, differences are beautiful facets of the glory of creation. They allow the garden of life to blossom in myriad colors and shapes, full of lively variety for everyone to enjoy.

Yet, as we have discussed, differences are the potential source of discord, fear and conflict. If they are not the problem, what is?

The problem is all about where our human attention goes. Do we dwell on differences, and make them a point of disagreement and conflict? Or does our attention rest in wholeness, on the unity of life, which is what we call Consciousness, pure Being, pure existence; that always-existing fountainhead of life that is like the sap that underlies the flower, stem, leaf, and branches of all the plants in the garden? These different attributes all come from one source.

This unity is not an intellectual construct but the living truth of all life, near and far, micro and macro. In our human world, individual and group differences will always exist and as problematic as that diversity can be, it is also the beauty and strength of life that is vital for the continuance of evolution. Who would choose to live in a world where everyone is the same, where all the great traditional cultures become homogenized and lose the vast insight that their uniqueness evokes? At the same time, we can best enjoy this rich diversity of life if deep within, we are grounded in a stable wholeness or oneness. If our attention is caught in the differences that can potentially divide us, misunderstanding and conflicts will inevitably arise.

I believe our collective evolution as human beings is bringing us not just to this understanding, but to actually living this harmony as our shared reality. I see this especially in the youth of today, who more than ever (perhaps with an assist from the connectivity of social media), are transcending the national, religious, racial, and other boundaries that locked-in previous generations, as they form meaningful friendships and partnerships with people all across the globe.

This is supreme fulfillment in education, where the knower knows herself or himself to be pure being and becomes established in the field of infinite creativity and real freedom, yet in tune with total natural law. In this awakened and enlightened state, the individual spontaneously upholds the most evolutionary values in his or her culture and belief systems. They enjoy being different on the outside, while knowing deeply and profoundly through direct experience, the underlying unity that upholds all diversity. This is the basis of all true tolerance, all true compassion and true love, which are full and non-contrived. Enlivening this through a group of individuals practicing this technology of Consciousness, will serve to enliven it within society as a whole. Differences remain on the surface but life is lived in a fundamental sense of profound peace and unity.

This is the opposite of what automatically happens to us under circumstances of stress, fear, and anger. When instincts take the upper hand, the flight or fight response too often overtakes the human nervous system, and love takes a back seat. When under stress the human nervous system does not use all of its resources. You have all your physical strength, but not all of your mental strength. Emotions, sentiments, and even high ideals can be muddled by fear and resentment. Our rational, clear-sighted, decision-making faculties (what psychologists sometimes refer to as “executive functions”), get shut down. One’s usual beliefs in justice, higher values, humaneness, and even divine fairness, can be shaken or overthrown by cruel aggression that may tragically result even in the deaths of innocent people.

This is true for us as individuals - and equally true for the collection of individuals we call a society, a city, or a nation - under any conditions that bring out fear and anger in the population. The power exercised under these conditions is chaotic and inefficient. Numerous studies on “mob” behavior have made this clear. We may not like to think that normal people can collectively act like a “mob,” but by always focusing on the problems, talking of “enemies,” and “terrorist threats,” we risk inevitably eliciting the sort of fear-based feelings that can lead to vengeful and aggressive self-protective responses.

By contrast, when acting with a nervous system that is calm, integrated, and rested, human beings may have a clearer perception of reality and thus can make better, more positively directed decisions.

Take a minute to examine your own life and your own decision-making process. If you haven’t slept well and you receive bad news first thing in the morning, it doesn’t take much to make you feel irritated or upset. You may snap at your child or your partner, act over-aggressively in traffic, speak sharply to someone at work. Later, when you’re rested and less agitated, you may realize that you could have better handled the situation in a less aggressive way.

So even for the purpose of realizing one’s maximum potential as an individual, one has to learn not to act out when prompted by anger, fear or when one is susceptible to stressed, damaged, and emotionally bruised feelings. We have to be able to go back to the Self, to the inner core of our being, and operate from a more relaxed, centered, rational standpoint; one that enables us to have a clearer perception that can take into consideration more variables, more aspects of a situation, than when we have a stress-narrowed vision that makes us feel we have either to fight or run away.

As a human society, we are no longer living in the jungle where there were immediate physical threats, and where oftentimes physically aggressive or bellicose responses were necessary for survival. Even so, sometimes people are going to behave badly, make foolish decisions, get upset, lash out in anger, and say things they do not truly mean. If we want to minimize such behavior, in ourselves and others, it’s invaluable to know how to prevent the build-up of tensions, and at the same time, cultivate each person’s full potential, opening the awareness to higher consciousness and creating balance in the physiology and mind.

This is what the TM program accomplishes, which is why it is an essential ingredient in the consciousness-based solution I am proposing.

Some leaders of society have ideas – but I’ve seen the result of their “solutions” in the streets and in the hospitals. I’ve seen the children, the women, and the civilians as well as the soldiers wounded in unspeakably horrible ways.

An effective solution to our global epidemic of human conflict, violence, and war is desperately needed, and we do possess a potential vaccine, something that costs ridiculously little compared to the bombs and bombers, the missiles, fighter jets, warships, and submarines, and certainly compared to cost of even one life lost, let alone all the attendant suffering war creates among survivors and refugees. The research is beyond doubt. Trials on both a small and large scale have been conducted and the results published – it’s clear we have a technology to accomplish what humanity so badly needs.

Spreading this knowledge has become my calling. This is now my duty and my responsibility. I do this in all simplicity and humility and with utter respect to and for all belief systems, all traditions, honoring everyone, because everyone ultimately is an impulse of life, every impulse wanting to move in the direction of more happiness, more growth, more love, more understanding—more life.

The cost of one single war plane, out of the thousands that the world’s armies maintain, is enough to support a coherence-creating group[[3]](#footnote-3). Let’s try it! What have we got to lose? The worst that can happen is that the people who practice it begin to feel happier, have better health and may ultimately find themselves more integrated with their families, friends, colleagues, communities and beyond..

There is an old saying, “The pen is mightier than the sword.” Ideas have changed the world. People have fought and died for their beliefs and ideals, and institutions have been built, and sometimes torn down, based on the power of those ideas. Mightier still than the pen is the mind, the intelligence, the Consciousness that instructs the pen to write. At its source, it is the most powerful force in the universe, the unified state of the forces of nature, the intelligence that governs the vast and ever-expanding universe. It is our birthright as human beings to know this source, this Singularity which is the essence of our Self, to know it and to utilize it for good.

Let’s create a happy, healthy, prosperous society by getting to know our Self. “Know thyself” is the wisdom of the ages, which allows us to use the indomitable force of natural law to prevent the unwanted origination of an enemy, and if there is already an enemy, to remove the enmity from within them. Let us wisely use the infinite power of unification and the love which exists in that unifying value, which allows us to see everything as our Self and enliven wholeness in our society so conflicts disappear, and ultimately, we live in a peaceful, harmonious society without fear.

The expansion of happiness around us is the expansion of our own happiness, because deep down we are everything and everyone. What I am, you are - what you are, I am. And if we are happy within ourselves, how much greater will be our happiness when around us every fellow human being is living in fulfillment, in peace and in good health?

The nature of life is invincible and life will always evolve in a progressive direction. It is true there are difficult times, times of transition, when knots in society may have to be unwound and dissolved to allow progress to occur, but the way these knots are eliminated varies. It can be sweet and soft, progressive and harmonious, or it can be horrifying, damaging, fearful and destructive.

Nature can be very aggressive. Earthquakes, floods, and other natural disasters sometimes interrupt the smooth flow of the seasons. In human society, however, it is up to us whether these transitions are smooth or harsh. We are perfectly capable of becoming masters of our destiny.

So the solution is there, the knowledge and technology are there. It’s simple, and it can achieve the positive results humankind earnestly desires. In the absence of a solution, we’re obliged to struggle with whatever we have and to continue wondering, “What will be my tomorrow?” But when a solution exists, we can rejoice in the possibility to transform the trends of time from pain, suffering, and conflict to happiness, harmony, prosperity, and peace.

Imagine two rooms, one that has been kept in darkness for a single day, the other having been entirely dark for a period of a thousand years. Now imagine turning on a light. In both rooms, the darkness is immediately dispelled. It doesn’t take even a millisecond longer to eliminate the darkness in the room which has been without light for a thousand years. You don’t have to do anything to understand the source of the darkness to try to remove it. Simply bring the light, and the darkness vanishes.

People trying to maneuver their way in a pitch-dark room will stumble against each other; they may trip and fall, twist their ankles, and blame each other for getting in the way. Chaos prevails. Then the light goes on, and they can see their way clearly. They see and know how to move or go about, how to avoid harming each other, how to take care of each other. It is the simplest of solutions - Bring the light of life and rejoice as darkness and difficulties disappear.

The knowledge of Consciousness set forth in these pages, and its application in the technologies for creating coherence in individuals and society, constitutes a new and different understanding based on ancient knowledge as well as the most modern and profound scientific principles and experimental verification. We can make use of this knowledge today as a peace-creating tool, or we can wait endlessly while the world continues to live through wars, and leaders continue relying on outmoded, mostly self-focused and consequently divisive solutions, which continue to fail, and people keep saying, “Well, that’s the way it goes. That’s the nature of things.”

Eventually, the time will come when people and nations will use this technology, and they will look back and wonder about our generation. Will they see us in hindsight as fools, just like those who arrested Galileo, and like so any others who persecuted those who strived to usher in a new wave of knowledge? That wave of knowledge – we call it science – came anyway, and transformed our world. It is time for another wave of transformation that will uplift the way we relate to and with each other and our common, vital environment, and build the world all men and women have dreamed of, a Heaven on Earth.

Realistically, the darkness of conflict and suffering cannot vanish with one flash of light – but the process itself begins all at once. No matter how long is the night, when the dawn breaks it is no longer dark.

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1. N. of T.: More than six hundred scientific studies conducted at two hundred and fifty universities and independent institutions in thirty-three countries and published in more than one hundred of the world's leading scientific journals, document the proven benefits in all aspects of life . See for example: https://research.miu.edu/tm-technique/; https://www.tm.org/research; https://www.davidlynchfoundation .org/research.html.

   [↑](#footnote-ref-1)
2. Two of those results are:

   1. The "Extended Maharishi Effect," discovered in 1978, refers to group practice of Transcendental MeditationTM and the Sidhis-MT program by the square root of 1% of the population in one place. This produces coherence in the collective consciousness, which favors positive trends and progress for society. The square root of 1% of the world's population is sufficient to reduce social stress. Stress in the collective consciousness not only fuels terrorism and war, but also generates crime, economic instability and governmental incoherence. By reducing social tension with large groups of peace-creating experts, the profound benefits to society in all areas are demonstrated.

   2. In quantum mechanics, a superconductor, the coherent functioning of electrons spontaneously excludes a disruptive and external magnetic field. This phenomenon is known as the "Meissner effect". The system maintains its impenetrable position because no chaotic activity can take place in it. Ordinary electrical conductors are not impenetrable because the activity of the incoherent electrons allows the penetration of an external magnetic field. When 1% of the particles of a metal become polarized, the whole material does. Something similar happens with water when it freezes and with other phenomena of nature.

   [↑](#footnote-ref-2)
3. Coherence groups: See https://www.permanentpeace.org [↑](#footnote-ref-3)