



It's all in the State of Mind... and how to change it - Part 1

~a story of love, passion, and altering reality~

"I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness."

-Max Planck, Nobel Prize, father of quantum physics

"The mind is everything. What you think you become." -attributed to Buddha

Before the story, a brief background:

After about four decades of fascination with, and scientific and practical philosophical investigation into, *it's all in the state of mind*, I've found that though it is a simple enough statement to many, it's one of the more literally incredible things one could say. Nevertheless, when tracing cause and effect back that's what you're left with.

I fully appreciate why saying that *everything is in the state of mind* causes the properly trained, wholly materialistic scientist to reach for a 44 magnum, the philosopher to argue me into an early grave and the psychiatrist to label me with “delusional disorder.” But more interesting than that is that most un-indoctrinated people intuitively sense and accept the truth of it.

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State of mind of course means *consciousness* and *reality*. But as you use your consciousness to understand what consciousness is, and the academic community can't agree on its definition, and as everyone's reality of *reality* is somewhat different, these are sloppy terms.

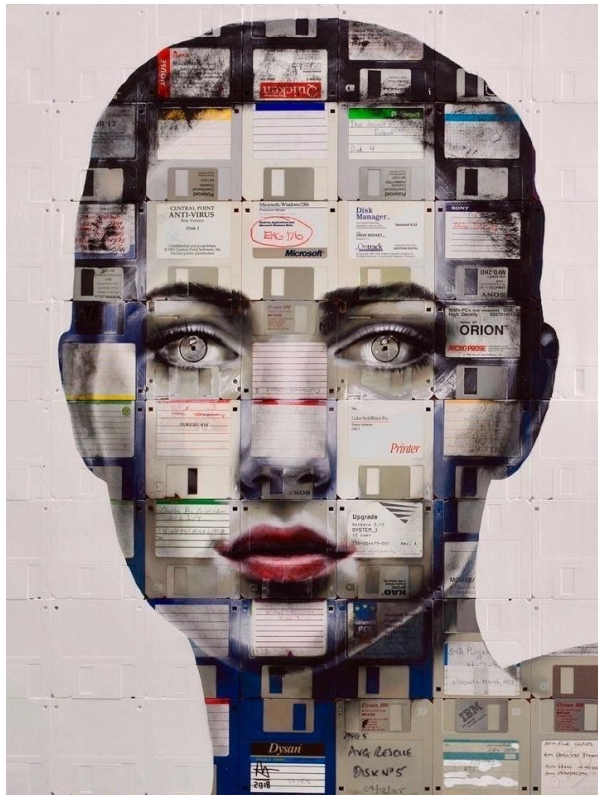
So to talk about this faculty let's just distinguish the huge difference between physical reality vs. personal (1st person experiential/perceptual) reality.

Physical reality is usually considered to be those things that exist in the physical world, independent of ideas concerning them, while personal reality consists of the ideas that are real to *you* as distinct from the physical world. It's personal reality that's being discussed here.

Change the way you look at things and, for you, the things you look at change. Sometimes even to a physical degree.

This is known in many fields, such as philosophy and the cognitive sciences as [cognitive bias](#) and [logical fallacies](#), in medicine with things like the [placebo effect](#), and even in some of our hard sciences, including the foundation of all sciences, [quantum mechanics](#), with its controversial [observer effect](#).

Quite interesting, huh? Well, I've always thought so. So now let's see how we can experience these things in our apparently simple – but at times extraordinary – lives.



Here's the story:

I recently met one of the most remarkable people I've ever known. It's not strange that she is also possibly the happiest person I've ever met.

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