

## Research Shows Humans' Interconnectivity

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News arrives almost daily revealing novel ways in which we are connected to each other. Indeed, there are now credentialed scientists who are conducting research into phenomena such as mental telepathy, pre-cognition, and non-local awareness.

Results from this research reveal, among other things, that we are influencing each other all the time. For example, as you read this, someone in a nearby room (assuming you are inside) could be affecting you—your body temperature, your level of calmness/anxiety, etc.—without you even being aware of it. Yes, this sounds preposterous but it has been documented in a simple experimental setup involving one person acting as a “Receiver” and a second person acting as a “Sender.” Sender and Receiver are isolated from each other in separate soundproof rooms so that they cannot communicate by any known sense--the possibility of communicating via hearing, sight, taste, smell, touch are eliminated. The Senders job is simply to focus mental attention on the Receiver during randomly selected 30-second intervals. When attention is not being focused on the Receiver, the Sender simply relaxes. Meanwhile, the Receiver is instructed to simply keep his/her mind in an open state, avoiding getting lost in any particular mental drama. Before beginning, electrodes are placed on the Receiver's fingertips to monitor his/her emotional state. These electrodes measure changes in skin resistance (akin to a lie detector test).

The first studies of this type were conducted in the late 1970s at the Mind Science Foundation in San Antonio, Texas, and the results were highly significant meaning that Senders did, indeed, influence the emotional arousal of the Receivers at a rate much higher than would be expected by chance alone. Since that time this same study has been conducted 19 times in laboratories throughout the U.S. and Europe and the overall result, again, has been highly significant.

In addition to being able to affect biological processes in bodies other than their own, evidence is strong and growing that humans can know about things that we are not in the presence of (non-local awareness) and that we can know about things before they actually occur (precognition). Targ and Hurtak in their book, [The End of Suffering](#), argue: “There is not yet any known spatial or temporal limit to our awareness. In consciousness, there is only ONE of us here. . . Separation is an illusion.”

For me, this realm of research profoundly challenges my understanding of what it means to have consciousness. In the traditional view, consciousness is restricted to the brain—the brain produces consciousness based on information received from the senses. But to date no scientist has been able to offer a definitive explanation for how the physical brain creates consciousness. Stated differently: Though the brain affects the contents of our consciousness, there are no data supporting the notion that the brain, itself, is capable of actually producing consciousness.

Indeed, it may be that what we, humans, call *consciousness* is actually a fundamental aspect of reality—a kind of *field* that permeates everything. In this view, we might think of *consciousness* as akin to Earth's gravitational and electromagnetic fields. In the case of Earth's gravitational field, we cannot see it or weigh it and yet it exists holding each of us to Earth and holding the moon in orbit. The same is true of electromagnetic fields—though invisible, electromagnetic fields play a part in organizing all materials from atoms to galaxies, undergirding the functioning of our very bodies.

Now consider: If consciousness is acting everywhere at once, say like a gravitational or electromagnetic field, this could explain how we humans have access to information and events that our bodies, by ordinary known means, could not access. Our brains may act, in effect, as receivers, rather than producers of consciousness.

Though some scientists are only just now entertaining the idea of consciousness as a field which binds everything—human and non-human—together, this is an understanding present in many ancient wisdom traditions, expressed, for example, as Christ Consciousness, Buddha Mind, Cosmic Consciousness, One Mind.