

# Matter, Energy, and Human Capabilities in Understanding Reality

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Humans participate in the totality of reality, but their perceptual capabilities are both extraordinarily limited and focused on revealing the material sphere of reality [to promote biological survival]. Human conceptual and cognitive capabilities are much broader with only the analytically active intellect supporting the material focus of the senses. As the intellect is also the primary mental tool of science, it is no surprise that the material focus of the senses is sustained as the analytical focus in science. And science has made enormous gains pursuing this mode and perspective. But gradually over the last 100 years, science has reached the point of exposing the limitations of its own material fixation. In this regard, consider the following:

### Physics

1) Relativity theory has established that energy and mass are transforms of one another – with mass being infinitesimally tiny and motion being the basis for the vast majority of the materiality that we perceive as matter.

2) Energy is everywhere all the time in different frequencies and fields concentrated to different degrees.

3) The realm of the material is one way in which energy concentrates.

4) In Big Bang theory, energy is primary with the first elementary particles of matter not appearing until about 380,000 years after the “Bang.”

5) The vast majority of elementary “particles” are massless and probably more accurately understood as minimal “expressions” of energy [strings].

6) Since at the largest and smallest dimensions of reality, energy is primary, it follows that the immaterial energy perspective is at least as significant as the material perspective in seeking to understand our reality.

### The Human Energy Field

1) The scientific study of humans and other material phenomena from the energy perspective – the energy field – is in its infancy. But....

2) This study is identifying the key role energy plays at all levels of the human body from cell membranes to tissues to organs to the human as a whole to the relations among humans, etc.

3) This study is beginning to reveal an independent bodily system that is fully integrated with all other systems.

4) The human energy field may well constitute the system that is responsible for the integration of all other bodily systems.

5) This energy field may well be the final system of the body to be “discovered” – the most immaterial of all of the other physical systems.

6) It may develop that the relatively independent human energy field “system” is the basis for the distinction between brain and mind/consciousness.

7) This energy field based human system has been recognized for a very long time under different “names” in many cultures that have developed many techniques for manipulating it to different purposes including promoting health [acupuncture is the best recognized procedure in the West].

8) For an overview of the results of the study of the human energy field focused on its relevance in medicine, see: Deborah Shields, PhD., et. al., “Human Energy Field: A Concept Analysis,” Holistic Nursing, 35(2017) 352-368. Paul J. Rosch, M.D., editor, Bioelectromagnetic and Subtle Energy Medicine, 2nd ed., (CRC Press) 2015, 653 pp. [50 sections by 50+ different scientists].

### Paranormal Phenomena [Psi]

1) Paranormal phenomena are the phenomena for humans that most clearly demonstrate the bridge between the material and energetic domains of reality.

2) Telepathy, precognition, retrocognition, clairvoyance, and psychokinesis are recognized as universal in human cultures and have been studied scientifically for over 100 years.

3) The major ascetic meditative traditions that pursue personal enlightenment recognize the “discovery” of the paranormal by initiates as a standard phase in spiritual development. They discourage pursuit of it as a distraction, but a few “outstanding” practitioners do arise out of these traditions – some becoming major figures in religions [prophets, saints, gurus, saviors].

4) Paranormal phenomena in their extreme forms are associated in humans with the activation of specific intuitive [non-rational, subjective] mental states.

5) Psi practitioners universally across cultures evoke these mental states to achieve results in the material world – most commonly promoting the healing of the human body [manipulation of the human energy field!].

6) The results from Parapsychology, together with all the arguments against these results, have been summarized and addressed many times over by academically credited scientists. [see Dean Radin PhD., Supernormal, New York, 2013].

7) The American Psychological Association recognizes Parapsychology as a legitimate subbranch of the discipline.

### Art and Religion

1) Art and the core experience of religion – unification – are fused in the simpler human societies of 96% of human history.

2) Like Psi, art-religion is universal in human culture.

3) Similar to Psi, the art-religion human experience arises when humans situate themselves toward the intuitive end of the material/objective/intellectual – energetic/subjective/intuitive spectrum of their conceptual capabilities.

4) As the institution of religion develops in complex society, the core experience of unification becomes vastly complicated with surrounding dogma, elaborate ritual, and bureaucratic structures. In this context, the core experience of unification [sharing in the universal energy field of oneness] often gets lost.

5) The various institutional religions of different societies often become competitive with one another over their belief systems to the point of warfare.

6) The gross failure of institutionalized religion does not negate the validity of the universal core unification experience.

7) True Art [not sensational entertainment!] is a behavior that attempts to express in various forms the option for and the diverse meanings of unification awareness [energetic connectedness].

### Conclusion

Both the material and energy perspectives are valuable, and each is important to the success of humans as a species. Their respective use reveals different aspects of reality. The material perspective has been dominant in modern complex societies, but it is beginning to be complemented by the results of scientific studies from the energetic perspective. Hopefully a science of the energetic/intuitive/subjective perspective will emerge and prove as enlightening as the science from the material/intellectual/objective perspective. Full understanding of any phenomenon is likely to require the results of systematic investigation from both perspectives.