



REVIEW ARTICLE

SPIRITUAL HEART AND THE MANIFESTATION OF PHYSICAL REALITY

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ABSTRACT

Heart is mentioned in many spiritual wisdom traditions. It is said that the heart plays a crucial role in determining our physical reality. In this work, we refer to the heart mentioned in a spiritual context as spiritual heart. We explore the use of quantum physics to explain how and why the spiritual heart determines our physical reality. In our previous work, we demonstrated that everyone and everything is made of matter, energy, and information. We propose to define spirit as the content of information, spiritual heart as the receiver of information, and mind as the processor of information, respectively. We show that these definitions make it possible to use quantum physics to explain spiritual phenomena such as intuition, telepathy, clairvoyance, distant healing, psychokinesis, and more. We can use quantum measurement phenomena to explain the role of spiritual heart plays in determining physical reality, we examine the process of quantum measurement. We show that quantum measurement indicates the role of spiritual heart and mind in determining the physical reality and it reveals the process of manifestation. It shows how our physical reality is determined by our soul, spiritual heart, and mind. This insight suggests again that it is possible to integrate natural science and spirituality together scientifically in one scientific and mathematic framework. This work has great significance in the natural sciences, in social sciences such as politics, economics, philosophy, psychology, consciousness studies, and in religion and in the healing arts.

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INTRODUCTION

Heart is mentioned in many spiritual wisdom traditions. For example, according to Buddha's teaching, everything that happens in the physical reality comes from the heart. As it is stated in the Buddhist Anityata sutra:

Xiang You Xin Sheng

This statement literally means that all the images we see and the phenomena we observe come from our heart. The Bible has similar wisdom. In the Bible, Proverbs 4:23, it said that:

Above all else, guard your heart, for everything you do flows from it.

Many other spiritual wisdom traditions offer similar wisdom and guidance. Let's call the heart mentioned in spiritual wisdom traditions, spiritual heart. In this work, we are going to explore the spiritual heart scientifically and how it creates our reality. We propose that quantum physics may provide an answer to this question.

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Physics is the foundation of natural science. Quantum physics is the most fundamental physics theory to date. Quantum physics is the study of what everything is made of and how it behaves at the atomic and subatomic levels. Quantum physics indicates that everything is made of various vibrations, also called waves. Vibrations or waves are periodic oscillations. Because quantum vibrations are not limited by space and time, everything according to quantum physics is basically a vibrational field consisting of different vibrations. These vibrational fields are described mathematically by a "wave function". A wave function is the mathematical formula that expresses the properties and quantity of vibrations or waves of an object [Bohr, 1958; Schrödinger, 1956; Born, 1927; Bohr, 1928]. In our previous work [Zhi Gang Sha and Rulin Xiu, 2008], we have demonstrated that everything is made of information, energy, and matter. We define spirit or soul as the content of information, spiritual heart as the receiver of information, and mind as the processor of information. We show that this definition and understanding makes it possible to use quantum physics to explain spiritual phenomena such as intuition, telepathy, clairvoyance, psychokinesis, distant healing and more. In this paper, we will use quantum physics and our definition of spiritual heart to explain how the spiritual heart determines our physical reality. In the following discussion we will review our previous work first.

Then we will show that quantum physics reveals scientifically how the spiritual heart determines the physical phenomena we observe. This work appears to provide a way to further integrate science with spirituality.

Constituents of Everything and the Definition of Soul, Spiritual Heart, and Mind: To truly understand our existence, we suggest that we should first understand what all things are made of. In our previous paper [Zhi Gang Sha and Rulin Xiu 2018], we demonstrate that everyone and everything is made of matter, energy, and information. Here we define matter as everything we measure and observe. For example, length, width, height, distance, weight, mass, charge, electric field, spin, force, and many more are all different properties and phenomena of matter. Energy is the ability to move and change matter, such as lifting a weight and heating up a pot of water.

Information is that which informs. It is what gives form to the phenomenon we observe. For instance, the information in our bank account determines how much money we have in the bank. The blueprint of a house determines what the house looks like. Information theory tells us that information describes the possibilities and potentialities of something. Information has three components: the content of the information, the receiver of the information, and processor of the information. Based on this understanding about the fundamental constituents of everything, we propose to define spirit or soul as the content of information. Here we don't differentiate between spirit and soul. We suggest defining the spiritual heart as the receiver of information and the mind as the processor of information, respectively. According to quantum physics, a vibrational field carries information, energy, and matter. Some of the vibrations can be quantum entangled, also called quantum correlated, with other vibrations. When some of the vibrations are observed to be in a certain state, the state of the vibrations with which the observed vibrations are quantum entangled are instantly turned into the state that is determined by the quantum entanglement. By turning our soul, the content of the information, into a specific state, we can affect the people and things we are vibrationally entangled or quantum entangled with instantly without direct physical contact. In the same way, the people and things that are quantum entangled with us can influence us instantly without direct physical contact. We suggest that quantum entanglement can explain scientifically such spiritual phenomena as distant viewing, telepathy, clairvoyance, psychokinesis, distant healing and more. According to our definition of soul, spiritual heart, and mind, everything has a soul, a spiritual heart, and a mind, including elementary particles, molecules, plants, stones, planets. Soul, spiritual heart, and mind as defined above can be calculated and measured in quantum physics [Zhi Gang Sha and Rulin Xiu, 2018]. The spiritual heart relates to our ability to receive information. It describes how much and what kind of information we can receive, that in turn determines what kinds of vibrations we absorb. In the following discussion, we will use quantum physics to explain why and how spiritual heart manifests our physical reality.

Function of the Spiritual Heart: According to the above definitions of soul, heart, and mind, soul is the content of the information contained in something. According to information theory, information describes possibilities and potentialities within an object.

In quantum physics, everything is a vibrational field, which is mathematically described by the wave function. The vibrational field usually contains various possible vibrations and states. However, the observed phenomenon usually consists of certain specific outcomes. How does a single concrete outcome emerge from the many possibilities? To understand how this happens, we need first to know the role of a detector in observing quantum phenomena. In quantum physics, to observe a quantum phenomenon, one must use a detector or detectors to receive vibrations from what is being observed. A detector is an instrument specially designed to absorb vibrations, and show visible and measurable changes as a result. For instance, a camera is a detector. Photographic film or digital detectors are used to detect visible images, X-rays, and more.

An observed quantum phenomenon depends on what kinds of detectors we use and where and how we place the detectors. Different detectors exhibit different phenomena because they absorb different vibrations. For instance, if you use a normal camera, you will see images of visible light. If you use a special camera that can receive infrared light, you will catch images of infrared light. Furthermore, where and how we place our camera and the angle at which we direct our camera greatly affect the resulting photograph. For example, in quantum physics experiments, where we place the detector determines where we find the photons. The direction we put the polarizer determines the polarization of the detected light. In summary, the kinds of detectors we use and where and how we place the detectors determine the phenomena we observe. Notice that detectors are a receiver of vibrations. The process of quantum phenomenon being determined by the detector indicates how our spiritual heart determines our physical reality. We suggest that quantum physics teaches us that our spiritual heart determines the reality we observe.

We propose that quantum measurement suggests the manifestation process as the following. First, our soul gives the content of information. This information content determines which part of our spiritual heart we are going to apply and where and how we are going to place our spiritual heart. Our spiritual heart specifies what kind of information and vibrations we receive, and this in turn stipulates how our mind processes the information. After our mind processes the information it then directs how much energy and where the energy goes. Energy moves matter. Matter is the physical reality we observe. This manifestation process suggested by quantum physics teaches us that although physical reality is all we observe, it is determined by our soul, heart, and mind. It reveals the important role the spiritual heart plays in the manifestation process. This is consistent with what spiritual wisdom teaches us. We conclude that our scientific definition of soul, heart, and mind makes it possible to use quantum physics to explain the significance of spiritual heart in the manifestation of our physical reality. It also helps us to understand the manifestation process in greater detail scientifically. It shows us how the soul, spiritual heart, mind, and energy establish our physical reality.

Conclusion

In this paper, we show that if we define spiritual heart as the receiver of information, quantum physics may explain why and how spiritual heart plays a crucial role in determining our physical reality. This indicates the possibility of explaining

spiritual wisdom scientifically using quantum physics. We conclude that this understanding and the definitions that soul is the content of information, spiritual heart is the receiver of information, and mind is the processor of information provides a way to integrate science with spirituality. In our previous work, we demonstrate that this understanding makes it possible to use quantum physics to explain spiritual phenomena such as intuition, telepathy, clairvoyance, psycho kineses, distant healing, and more. This work demonstrates further that this definition and understanding of soul, spiritual heart, and mind lay the groundwork to integrate science with spirituality. We believe the integration of science with spirituality can help further the development of science and spirituality to the next level. It can help us reach a deeper understanding about our existence. It can further enlighten humanity and empower humanity with greater abilities and potentials. This work has great application in the natural sciences, such as physics, medicine, biology, environmental science, and geology as well as social sciences such as education, psychology, philosophy, economics, politics, personal development, and more.

It also has application in the emerging science of healing. We will explore these applications in our future work. We encourage more people to apply this work to different areas and disciplines.

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