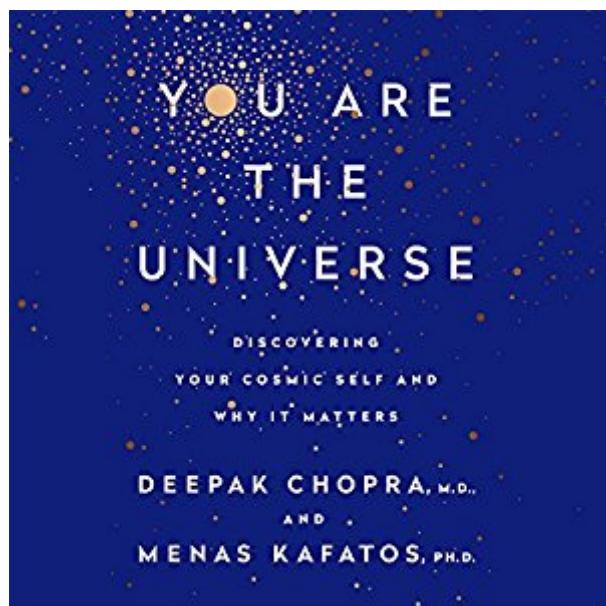


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# You Are The Universe: Discovering Your Cosmic Self And Why It Matters



## Synopsis

New York Times best-selling author Deepak Chopra joins forces with leading physicist Menas Kafatos to explore some of the most important and baffling questions about our place in the world. What happens when modern science reaches a crucial turning point that challenges everything we know about reality? In this brilliant, timely, and practical work, Chopra and Kafatos tell us that we've reached just such a point. In the coming era, the universe will be completely redefined as a "human universe" radically unlike the cold, empty void where human life is barely a speck in the cosmos. You Are the Universe literally means what it says: Each of us is a cocreator of reality extending to the vastest reaches of time and space. This seemingly impossible proposition follows from the current state of science, where outside the public eye, some key mysteries cannot be solved, even though they are the very issues that define reality itself: What came before the big bang? Why does the universe fit together so perfectly? Where did time come from? What is the universe made of? Is the quantum world linked to everyday life? Do we live in a conscious universe? How did life first begin? "The shift into a new paradigm is happening," the authors write. "The answers offered in this book are not our invention or eccentric flights of fancy. All of us live in a participatory universe. Once you decide that you want to participate fully with mind, body, and soul, the paradigm shift becomes personal. The reality you inhabit will be yours either to embrace or to change." What these two great minds offer is a bold new understanding of who we are and how we can transform the world for the better while reaching our greatest potential.

## Book Information

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## Customer Reviews

Here's a science book that is of urgent interest to non-scientists, because it can change the way we live by helping us change the paradigm with which we see the world. Throughout Deepak Chopra's career, he has believed that many aspects of everyday life need to be re-examined. He was proved right when he argued for the mind-body connection thirty years ago, at a time when mainstream medicine either rejected or ridiculed the idea that our thoughts influence our bodies. Mainstream physicists might reject or ridicule the concept that our thoughts influence the cosmos, which is the main theme of this book, but the book was written with physics professor Menas Kafatos, so the science is solid. *You Are the Universe* means what its title says. The reality we inhabit is shaped by our own experience, and if there is such a thing as another reality apart from our raw experience, we will never know it. And what would it even mean to say reality can be independent of experience? Such a radical thesis puts the physics establishment on notice, using its own methods. The book outlines the key mysteries that physics hasn't solved, such as what came before the big bang, which is like asking what happened before the beginning of time. Chopra and Kafatos are bold enough to broach forbidden and politically incorrect questions like whether there is design of the universe (while strictly distancing themselves from any religious view, especially Intelligent Design). What surprised me is how deep the unsolved mysteries go and how credible a human universe actually is. In the tradition of quantum physics, as the authors point out, physical reality was radically revised, and some of the pioneers of quantum physics seriously doubted the things we take for granted about existence--matter, energy, space, and time--are even remotely like what our common-sense ideas of them are. Solid physical objects, for example, turn into clouds of energy at the quantum level before dissolving into probability waves and finally vanishing into the quantum void. The fact that the universe was born out of nothing--the quantum vacuum--opens the way for describing the pre-created state in many ways. Chopra and Kafatos touch on some of the current theories in physics as well. They point out that modern physics theories provide descriptions that are based on arcane mathematics, such as superstring theory, and which have almost zero empirical evidence to prove the case one way or the other. The same holds true for the fashionable multiverse theory, which theorizes trillions of alternate universes that will never be seen or measured. The authors argue that the pre-created state of existence is consciousness, the source of not only everything physical but everything mental as well. While the idea of a conscious universe may not be new, even among some highly-respected cosmologists, but I don't believe the case has been made anywhere else so thoroughly and so closely directed at personal transformation. Despite the presence of Chopra's name, this isn't a spiritual book. It is highly

readable pop science that exposes the hidden presumptions behind subject-object based knowledge, so that the role and presence of consciousness is recognized for what it is. The authors conclude with a plea for a new paradigm based on this reality that can save the planet and open the door to the next step in human evolution. Higher consciousness won't become widespread, they say, until we absorb a deep yet simple truth. Everything in creation is an activity in consciousness, and we humans sit at the center of a universe tailored to our awareness. We are thus co-creators of our own reality, at this very moment. It's an inspiring and an empowering message, that feels more relevant and urgent than ever.

Awesome book and despite the subject matter being complex at times, the authors did a great job relating hard to understand scientific concepts with real life analogies. The greatest sages and prophets throughout time have espoused the same things but did not have the science to go along with their teachings. As stated in the headline, Stephen Hawkins needs to change his book from "The Theory of Everything" to "You Are Everything." If we humans had the capability to see the smallest subatomic particles, when we looked at trees, houses, other humans,...everything would look the same. You wouldn't see an outline of a human, the inside of the human, or things outside the human. The "inside" of the body would look just like the "outside" of the body. There would not be a location for "me or I." There would be no inside/outside concept. The sun, trees, plants,... are just as important to us as any organs "inside" our bodies. I read a one star review for this book that related it to the same snake oil Deepak has been preaching for 40 years. My question, how did snake oil work? How does the placebo work? Where is the mathematical equation for the effect of the mind on the cells in the body? And if the mind can effect cells that are inside the body why wouldn't it have the same effect on things "outside" the body? Thank God (as the expression goes or in this case the Universe) that we do have the observer effect in quantum mechanics. Maybe the greatest breakthrough in science - along with this book!

Deepak Chopra and Menas Kafatos have written a masterpiece in 'You Are the Universe.' This highly readable and infinitely intriguing book, offers a roadmap to our very existence. It combines spirituality with hard science, and addresses the pertinent questions about our very reason for being. What is our purpose, why are we here, what role do we play in the cosmos; these are important questions that are thoughtfully explored in this book. The material presented here is perhaps the most important and enlightening that you'll ever read.

It is obvious that the book is written out of the authors' love for both science and truth, but most importantly, for humanity. Maybe that's what makes the written words so luminous. I found the book very educational, it presents the latest theories about the nature and origin of the universe in a way that allows even non-scientists to understand. The authors explain the dead ends reached by each theory and gently introduce the possibility of a new perspective, which ties everything together in a much more elegant, intelligent and logical way, solving what seemed to be insurmountable problems. The perspective presented is tremendously inspiring and empowering, and will resonate with anyone who is interested in their own consciousness. I am impressed by how this book was written in a way that makes the insights accessible to scientists and laymen alike, and which returns science to its true purpose, the evolution and well-being of mankind and all life. I have read many books by Dr. Chopra (alas, none by Dr. Kafatos), but this book has brought me new insights in a new language. It has made it possible to envision a world where science, in its own way, expresses the same wisdom that has been communicated by sages everywhere, laying a new foundation for more life-affirming structures in our societies.

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