Introduction and Dr. Goswamiu2019s Background

Well, Amit Goswami, it's such a pleasure to have you on this segment of the cancer breakthroughs. I know you're joining me from Romania. Thank you so much.

Glad to be here. Thank you for inviting me. Back and for everyone out there. Dr. Amit Goswami is a retired professor of physics from the University of Oregon, where he served on the faculty from 1968 to 1997.

He is a leader in the field of quantum physics and how that integrates with our our reality. While researching this, Amit discovered that when quantum physics is formulated within the metaphysics of qualified non dualism as in Indian Vedanta, questions regarding meaning are immediately resolved.

His work thus integrate science and spirituality. This work has culminated in his most recent book with a physician Valentina

Onisor: Quantum Spirituality subsequently developed the theory of reincarnation and integrative, conventional and alternative medicine within the new quantum science of health.

Among his discoveries are the quantum theory of the creative process, that they are a quantum evolution theory of quantum economics that extends Adam Smith's capitalism into workable paradigm for the 21st century.

And 2009, he started a movement called Quantum Activism, now gaining ground in North and South America as Southern and Eastern Europe and India. And in 2018, together with his collaborators, established quantum activism, vision, volume and institution of transformative education.

India based on quantum science and the primary primacy of consciousness. This program offers Masters and PhD program in the Quantum Science of Health, Prosperity and Happiness under the auspices of University of Technology, Jaipur.

I met is the author of numerous books, most notably The Self-aware Universe, Physics of the Soul, The Quantum Doctor, God Is Not Dead, Quantum Creativity and the Everything Answer Book.

He was featured in the movie What the BLEEP Do We Know? And the documentary The Dalai Lama Renaissance and the Quantum Activist. You have done you've been busy.

You've done a lot. Thank you. So, Dr. Amit, one of the big questions is we're on the the focus is cancer. And you have a lot of people obviously battling cancer.

And we can then look at, you know, take this or not eat this food. But at the on the basis of it, foundational is consciousness. I mean, is how how does disease become and how does health become and how do we shift consciousness in order to be able to promote health versus then feeding a disease such as cancer?

Okay. Cancer question is one that we have thoroughly investigated with the new world.

Consciousness, Quantum Physics, and Disease

You weren't aware of quantum obviousthat objects are possibilities for consciousness to choose from, this phrase, quantum physics to include objects not only of the material kind, sensory objects, but also of non material kinds.

And as you know, all the material is demand, commitment, materials, claim, not mind, high energy, appealing or intuition. These are all material phenomena or they don't exist that they cannot live.

But, you know, obviously, in our experience, there sure seem to be non-material and quantum physics allows them to be included because there is no restriction.

The possibilities of consciousness to choose from the material destruction goes away. So in that way, especially, feelings can be introduced. Now, what is the important of The feelings.

Feelings are very important because feelings are associated with the sacrament of the organs of the body. It is not just that organ, some hard right on the altar.

Physiology, research, experimentation is showing that the physiology, the turning of our own origin of an organ cell organ argument that is epigenetic, it does not indeed does not reside in the genes that are from control, that don't reside in the nuclear genes.

So where does it come from? This question was solved by Rupert Sheldrake, who suggested that there has to be an all material interaction. Quantum physics, of course, supports it and thus vital energies.

The idea more for genetic field is introduced whose movement is what we feel as vital energy, and they are essential to provide the organs with their software that determined the physiology of the function of the organ.

So one side of that explanation, then the explanation of diseases that are not very hard to find in the same way mind is also quantum. Mind also is the field we don't call it more of a genetic field, let's call it a mental field, but consciousness tools in that field as well to determine how we think.

And often what happens when the stress appears, we think wrongly about how to handle the stress. For example, we have death in the family. A very, very dear person has died.

And we, of course, think that we should we may assume, and therefore we ought to be able to laugh again, because this person is how love appear to us, a child to a mother or a lover, to a husband or wife.

That happens often under grief. Now, grieving is giving a meeting to the stress I agreed means I still love for my life. For some reason this will wrong, meaning can be given to a situation and that may cause a vital energy block.

In this case, what is blocked? What is blocked is love. I cannot love another because my loved one that I love will disappear. Now the second question is, okay, so you have to establish that certain stressful situation can brought the energies of love.

Now harvest energy of love come about. That's the second question I'm just give you go totally logically do with regard to in my discovery process. So the second question is what is love got to do with people and organs?

Well, that is not very hard. Now, everybody knows if you talk to a woman rationally, they will tell you that they feel the energy in the heart when they love.

And men like me have experienced it as well. And I'm sure you have to. So love it. Connected with the heart and then it is too big misstep. Yes, heart is the pump.

It pumps blood in the body. What does that got to do it talk. That's not a love is not the heart function it seems that. But then I found that there is indeed a timeless gland in the same region of the heart.

You know, it's to underscore the entire heart region as the heart doctor is not just the heart, but it's also the immune system, which is, you know, somewhat in the center in the form of the thymus gland, whose job is to distinguish between me and not me.

So generally I'm depends. If you appeared, you are not me. I'm defensive about you. What will you do? You know this phenomenon of shaking hands, developing the awareness because that keeps your third hand occupied.

And so people develop this strategy. Okay, you said time to avoid dying. So from this defensiveness. But of course, to the defensiveness is not not the way to express that the tests will not appear to us.

We suppress the defensiveness and we just accept that's the way it is to have to wait for a while and the person goes away. I'll be back to my normal figure, but it doesn't work that way.

That's the energy. That defensiveness is a serious detriment to love. So I ask my ask this question if one stop defensiveness, suppose you are vulnerable and once in a while you don't mind being vulnerable with the person of the opposite sex affairs.

That really appeals to me. Generally speaking, we don't mind being vulnerable. And so in those moments, the time as Grant can turn itself off, no distinction of me and not me in that vulnerability.

This was my initial proposal published in 2004 that we can heart becomes quantum heart is capable of loving. But still the problem is not entirely resolved.

Because what is the connection with that? Okay, vagueness speaking. We understand you stop being defensive, become vulnerable, and therefore love and therefore love must have an effect on the immune system.

So the immune system remain vulnerable. And if you live regularly, then the immune system will function better and therefore naturally immune system will be able to kill off all these cancer cells that develop in the body from other causes.

But still, two things are not being explained. How is it really that the immune system functioning depends on love being in the heart? That's not quite explained.

It's the hope that that is an explanation. So I had a suspicion for the brain. We know that we need to sleep every night. So I thought, okay, if the brain needs rest, why didn't we address what is special about the brain and think about it?

And immediately darkness. Och brain is what we are conscious. Our self-consciousness happens in the brain. So I started asking myself is similarly is there self-consciousness in the heart?

Ordinarily we assume that what is the element? It's all in the brain consciousness.

Love, the Heart, and Immune Function

But mystic stuff differently. Women say no hard time feeling they experience directly in the heart. They don't experience feeling in the brain and then coming down to heart.

Not that it directly in the heart. And some people say gut feeling. You remember even Donald Trump said that few times you have gut feelings and this is not to be disregarded.

People do have gut feeling, bad gut feeling. When people have a creative experience, they feel it in the gut. So what is this gut feeling? Feelings in the heart.

Is there self in body? Body. So this question I couldn't answer for many years and then balanced in earnest, our medical doctor joined my efforts in these things and she and I found one day that indeed there is a bunch of brain cells, neurons in the heart, and also in the now.

So those two places are capable of what the brain is capable of. Those two places actually can have a self to experience things like feelings in the heart.

The experiences either love, love, the immensity of love. So what happens then? If we have a loving person in our life, then immune system gets to break every now and then.

Every time we look at my loved one, immune system gets to rest and heart takes a quantum leap. Heart becomes quantum. We have love and immune system every time is getting rest like sleep loving person in my life gives my immune system the rest it needs to sustain its activities in a proper, healthy fashion.

In this way, the immune system help. Now is explained, and if a healthy immune system, it will be able to kill off the abnormal cells that cancer cells will still have. One more question.

How do you explain the can growth of the cancer? So how does, for example, text women's breast, how does the breast becomes vulnerable in the first place?

Then the growth of abnormal cells? Why would that happen? Now, if you think about it, women's restaurants are very special. The physiology ten years are probably when a person or a little child the breast is functioning, not function.

Then child becomes teenager and immediately the breast changes into a sex object on one hand, but also on the other hand, if it conceives, then mother.

And that's a very special step, madly in love. So in this way, the physiology automatically in this case to take a quantum leap because this is automatically built into women.

No, automatically. Does this not suppose something is preventing from happening this happening some cells for some reason starts malfunctioning. Then of course, already you are doing something that is causing it to malfunction.

You are doing something like human start grieving because the child died and it thing the breast not to satisfy its function which is being a mother. So in that case what the cell could try to do that would try to protect themselves in that perpetual process they become rogues.

And even better examples in the case stop smoking and lungs. Look at what happens. Smoking threatens the self. Cells are going to die. So how to protect themselves?

They decide to be don't will just multiply, multiply, multiply so that some of them will be dead. But not all of would be that. So in this way cancer cells, potentially cancerous cells develop and when love is lacking, they become cancer.

So this is a complete explanation. Then of course, my next question was how does it how does one verify this? So indeed, I found that the doctor in India, he had similar ideas.

He did an experiment with many grieving women, either dead spouse or dead child, and started studying them. Fortunately, starting 1970s, there is an instrument which can measure are vital indicators and vital energy blocks.

This is called Kali unperturbed. You hold your finger between two letters. You know about that many people. Our response to law to know about that and that takes a photograph of the vital energy of the around the finger because otherwise the finger has a biophysical body.

That biophysical body is sensitive to our feelings. And that's the picture you are getting. If my feeling is grief, the the picture in picture would be very different than when there is no block.

When I'm capable of loving. So in this way, he could detect if a mother is grieving enough or a body wife is grieving enough so that the energy is completely blocked at the heart.

And then he started sending those people to an ecologist to see if there is cancer. And indeed, he got many cases, the very early stages of cancer. And those women did not have to have mastectomy because that early stage good treatment can easily solve the problem.

So in this way, there was a very nice verification of it. And of course, during COVID, I don't know if you noticed, we

had direct group. Also, women have much less death from COVID than men because the women are capable of loving much more in general.

So this kind of profile is now quite a few. And we now have a program of quantum healing in case one has breast cancer. We have a program of vital energy, mental creativity to help the person to take a quantum leap of healing.

So it seems to me I mean, you're talking about because when when you talk about quantum and consciousness, then you recognize that there is no no self, there's no separation.

We're all entangled, all intertwined. And so when you look at something like cancer or like disease and you it becomes that separation, like you're talking about grief, you're talking about defend and defending myself against what's out there.

You separate yourself with the environment that you're, you know, your world around you. So then you become defensive and that is what then kind of blocks the energy and like cancer becomes then a, a kind of a isolation of energy where you're separate an entity or a separate a group of cells from the rest.

So it's a manifestation of physical manifestation. What's happening then consciously? Yeah, defensive, narcissistic, basic defensive that first of all, that caused immune system problem and also defensiveness directly for the organ.

When I'm directly attacking an organ, taking some taking a substance that that suit the organ, then organ cells become defensive out of that, they become rogues, then cancers, cancer potentially cancerous.

So woke up the are this defensive if we give up defensive nets of course in our world you know that is a very difficult proposition to handle. But people who can know, they obviously have better help from this chronic disease.

It's not just cancer, it's also heart disease. It's also autoimmune disease. Even brain dementia has been connected to inflammation and that is the immune system problem.

So so talk a little bit. You talked about things like the mental field and more for genic field, but talk a little bit about the the physical world. You know how if you go to then a quantum level, you know, the physical world doesn't exist.

And then also what is the the true it talked about consciousness in regards to kind of the true driving force in regards to reality and then how so consciousness then your mind and then the physical reality so that people can then understand.

When you look upon like a fiscal tumor, how physical really is that? Yeah. Yeah.

Cancer, Grief, and Early Verification

The whole point is, of course, people get a bit confused because consciousness is something that is kind of wooly, you know, airy fairy and it's not solid like matter.

Right now I'm in front of a table which is solid. I can jump on it and so can use it's not consistent is not like that. So how can consciousness control objects like matter is that big problem?

So this is the problem that quantum physics solve that matter is not like matter. Matter is different at the microscopic level and the quantum level at the level of elementary particles.

These are the building blocks of matter and energy drinks are completely different. Matter is not solid. Matter is we have a possibility for consciousness to choose from this and to breakthrough that quantum physics allows that this is the back to that enters consciousness in science and in the question of reality.

Reality is not there until consciousness chooses from the possibility of the actual event in the process of actual event. Actual experience is when solid unless something solid is created.

Yes, solids are more solid, but not because consciousness make them so according to the physical laws that govern this outside of global consciousness, this still follows the quantum law.

Quantum lost power, solid matter. The matter will be revealed that thunder and then referring to the temperature. It can even become liquid, it can even become gaseous.

So those are all part of the physical laws that govern the material objects. Similarly, that laws which govern the mental objects, there are laws that govern the vital object.

We talked about a little bit about the vital objects, how they form centers like this. Don't call them chakra. These are laws of divide. The chapter entire chapter dynamics arises from the laws of divide shall get more powerful.

Genetic field is part of the law. The vital mental laws are lack of the mental field. That's why we get the meaning. And, you know, on and on it goes.

The intuitions are archetypes. Those are the loss of even higher loss of consciousness itself. Courage comes down to people we intuit. These are good times which are part of the virtues of consciousness, like AI and being kind, being just being generous.

So all kinds of things that we call noble feelings, they all come from consciousness in the form of archetypes. The archetype that is very important for healing is wholeness, consciousness that you all get.

You mentioned you are separate now. Fantastic intuition. Separateness makes us sick spiritually. That's the beginning of sickness. And the more we separate the separateness like around meaning one, there are more of separateness, but our energy blocking another layer of separateness and the final layer of separateness is material argument goes on right?

And so archetype are there certain groupings of archetypes can can one learn as to a which which archetype am I and how do I function best to learn more about yourself and then also learn more about the people around you.

Yes, this is very important to us today. Why are people getting more cancer, more heart disease, more of every one of these chronic diseases? It was not like this started.

Yes, people died a lot from infectious diseases, but not like this, not from connected to the chronic diseases. The problem. Why is that? So this question of, well, what what is happening is very important.

So what happens to people is that they are not aware of these archetypes. The archetypes are very much group. Some of the archetypes are noticeable because they contribute to our survival.

For example, everybody wants the archetype of abundance, nice being rich and everyone wants to be rich or everybody want archetype of power. That's they can do do anything.

The ability of making effort. Okay, so people go for it but love, my goodness, these have no survival values. At least not yet. They have survival value.

Now we know they can save us from cancer, but that's not something that they immediately can see so people ignore them. So the idea is like this human beings.

As we grew in civilization, first, we only explored abundance and power. Few people explored beauty. The art is that there is a special group of people.

We don't need to concern too much about that. And then come the next group. And that's when civilization began, when we learned to explore archetypes of goodness.

How can we be good to each other? Because very soon people found out if we constantly fight out of the defensive

defensiveness, then we cannot live together.

And even human beings have that incentive. Human beings are social beings. We got to find a group so people learn to be dissent within a group. They're still fighting, but only foreigners.

So that started the archetype of goodness. And then when we changed from hunter gatherer to agriculture in between, we went to a stage where male and female both could do modern in agriculture, and that's how family started.

And then loving the question, because, you know, sex sounds automatic, built in with the heart so that if you have sex, you tend to rise to be hard, become simple.

So people discovered love after that. The other archetype, God, not so much of a problem at the beginning of civilization is discovered of goodness and love.

And then then can the rest of them, which is truth. And then of course, justice, wholeness. And finally there is also the self archetype. So it seems to me that the key is then to move away from the, the state of, of survival, which is more kind of that reptilian type of brain where and if you're in that state, that's survival mode.

That is when you then are in a state of separateness where you're not inclusive. And then obviously they're become then rogue cells like you're talking about because you are promoting that separateness.

Yeah, that's me. My end and I have to defend my what is mine. That all comes from the survival mortality this is I don't know if you remember Abraham Maslow on Hierarchy of Needs.

He was the psychologist who discovered this ordinary tiredness. And that was the very important discovery. So, Lord, next, our need already archetype of basic archetypes of abundance and power, when we recognize the harmony of goodness and love, then we change the equation.

Civilization can be good. So for someone, then that is, let's say we have someone that's listening that's been diagnosed with cancer. What are some of the steps that they can do and understand?

Quantum Reality and Levels of Consciousness

I mean, we talked about the importance and obviously of of grief, you know, letting go of blockages that will block our ability to love and be inclusive and open up our heart chakra for the immune system.

What are some of the action steps that they can do? I mean, obviously, they they should that quantum healing program that you're doing would be a really powerful tool.

But can I give a little understanding of what some of the initial steps that they can do in order to open themselves up? Actually, the initial steps are much more important than talking about quantum healing.

Quantum healing is the creative process. It really involves a lot of creativity and people who are going to do that are actually people who have bank guarantees is so bad that they are desperate, they can undertake that kind of program.

So talking about it will not make much sense to people who have never been creative in their life because creativity is a lot of a lot of very clever, intelligent work, not only work, but very intelligent where that creativity comes to us, but prevention is much easier.

What do we have to prevent? Is that usually nutrition, everybody knows today, you know, the news media forget. And of course, the social media both are pretty centered on, okay, what should be our diet?

How many hours do sleep every day? There is some article. I you know, I check Apple News in my Apple iPhone

and, you know, every day I find a lot of stories that repeat the same wisdom.

Nothing new but the repeated peer to peer. They all that smartphone people are very concerned about that physical body. But of course, nobody talks about the fact that we don't have feelings.

They also can be abstracted by telling them to block and that I think the software of the organism as important as the hardware and no mention of any of this.

So people just don't know that there are AI bodies of the human beings, not just the physical body. They vital body, vital energies that can be blocked and targeted bodies.

Do they vary mental body, which gives meaning to our experiences that can also be wrong and therefore can control disease. The stress response is a mind work, partly also killing, but is mental wrong meaning giving is what makes diseases so compulsory.

Today we make art, so to speak. Of course, it's not just mind alone, it's negative emotion, mindless feeling. But we love both to block the mental. We also block the light.

And then what is the problem? What our creativity comes from? So there are mental and micro, but they are created by creative quantum leads. So we call them higher mental, higher vital.

And then finally the spirit itself that doesn't go away once substance of the ground of being we are if we are open to that event that is important to us.

And I you said separateness wanted the separateness first. Separateness is from the spirit. This is so common to everybody today susceptible to disease because we have become no thanks to materialism.

We have completely many of us have been completely detached from the divine, from oneness, from this consciousness as the ground of being, which all people call God to materialist God is the energy to figure that out.

I mean, how can I think not just the David and if you you know, when I used to teach in college some of these ideas back in the 1990, I used to make joke about it.

I used to said you were instead of. The the G word. Yeah. As a scientist. But that still continues. That was 30 years ago, but it still continues. It's still I was fascinated by when when you were talking about the sleep in regards to, you know, the brain rest while you're sleeping and then also then you're talking about the heart and then the heart and needing to rest as well.

And my my thoughts kind of went to, you know, so when we we are awake, we're conscious, we have this this world. We look at everything material, but then the importance to everyday have a kind of reconnection with all that is sort of say, you know, where we live in a space where we are not thinking about separateness but that we then becomes connected to, to, to all becomes connected with God can be connected with, you know, just kind of being part of the existing.

And that is what happens. And for for the heart, for the brain, for all cells. And while you're sleeping and how important it is then to have that sleep and have that moment so the body can then recalibrate itself.

And so it's almost like with, you know, with David Boehm, where we talk about the, you know, how things come to be and then it it's the implicit and then, you know, it it comes and goes on how reality as it's created and then disappears and created and then disappears every, every moment so that sleep and awake is kind of a part of that cycle that becomes so important.

This is why in deep sleep, oftentimes when we wake up this day, I slept happily. That difference is I have deep sleep or did I have broken sleep? Many people never experience this deep sleep because they're so separated that they're never going to deep sleep and they miss this wonderful opportunity of being in bliss.

That bliss is what we need to recover. Since that every night you're so right.

Archetypes, Prevention, and Healing Practices

And that bliss is important also for the immune system that happens every time we are now, by the way this idea that part takes a quantum leap has been verified by Heart Institute researchers have found that the heart becomes coherent.

Coherent is a quantum characteristic, you know, objects dancing together in the same breath like my fingers. If the different parts of the heart and the brain that is in the heart, if they are all moving in the same rhythm with in fact with each other, like a chorus line, then there would be quantum.

And that's precisely what happens. So yeah, so it becomes and that's fascinating. Obviously any power, anything that is is done in coherence becomes it's like a laser beam versus an regular light from light bulbs.

That are incoherent light. Exactly. Very good example brain, by the way. Also, when I part of that creative brain also becomes coherent all over the different apparatuses of the brain, start dancing.

In fact, amazing phenomenon that has been discovered with neuroscience. All right. Functional magnetic resonance imaging. You take these images, do you also measure the oxygenation of the various organ and you find that they're moving coherent?

The brain waves are coherent between different parts of the brain. This is what love does to us. If we are loving, not only the heart becomes coherent, the brain also becomes coherent And if we can move our all of a stomach, that region that becomes quantum.

And if the pancreas stays quantum, if we can maintain the pancreas at the quantum level, we'll never have time to diabetes. If we can maintain the heart at the quantum level, we never have cancer or autoimmune disease and these terrible things even dementia probably the big component of how love can prevent it.

So no, you know, it's really a fantastic thing if we just learn about the separateness or separateness can do to us eventually and we stage it then how easy it is to prevent it, because all we have to do, you know, we talk to my spirit, okay is very, very simple.

I just make sure that I sleep good, deep sleep every night. Second architects, we make room for intrusion. What is so hard about intuition comes to us.

This simply if we intend, we fully intend to love. If we intend to be truthful and follow a true not entirely easy to always be truthful. But if we reasonable amount of truthfulness, then it's intuition to enter our life and a copiously gives the super mental body help to mental memory is did not translate today for many kids that they cannot live without social media very hard because social media are always pushing misinformation irregardless to not information processing.

You don't need any meaning in your life. That's the danger of what gets minded to deceive. But if you start instead looking for meaning of your life, looking for purpose of your life, mental body will be vital.

We already talked about to a certain extent, but there are certain things can do in the night going. It's not hard. It's a simple moment like this, like this.

This is Indian did that by culture. Why do you think the culture come from? It came from this knowledge that if I do this there will be more vital energy in my palm, we can feel that vital energy.

If you bring it to your cheeks and you'll feel that I'm getting a fresher and put in water on the cheeks, which also, when I do it, carry vital energy.

So it's just very simple things we can do to prevent this whole bunch of chronic diseases that is just creating chaos in our lives today. Yeah. And it's all about them.

The, the intention like you're mentioning is to then if you set the intention and then develop habits to remove things that are creating distraction and removing coherence and then try to live down the life at to promote coherence in all ways.

And then you, all your cells, your brain, your heart, your pancreas, all these cells can then start to to resonate and create the the entanglement and with with each other.

I'm glad you mentioned the word entanglement that is crucial. entanglement The idea that we develop a together consciousness, consciousness can connect us if we are entangled.

Entangled is simply an agreement. I agree to be entangled with you. I want to be one with you. Some of the that's the agreement that the agreement is.

This is the way if we can just intend together. Look, we are intending to go that we are of course one and it stops immediately as we have as we speak or I was doing expressed anything one breaks up.

So how to be continuously having this intention is the challenge of intimacy. And that's why intimate relationships are so important. Casual relationship.

We are told that intention for very long, but in an intimate relationship we can and when we do life becomes very healthy, very happy. Blissful right.

Well I made thank you so much for taking this time. I thank you for what you're bringing to the world. It is incredible. I mean, I started reading your books back in the early nineties, and so thank you for everything that you have done and represent.

Very. Much. Thank you.