

## Quantum Physics

Quantum physics is the study of matter and energy at the most fundamental level. It aims to uncover the properties and behaviours of the very building blocks of nature.

While many quantum experiments examine very small objects, such as electrons and photons, quantum phenomena are all around us, acting on every scale. However, we may not be able to detect them easily in larger objects. This may give the wrong impression that quantum phenomena are bizarre or otherworldly. In fact, quantum science closes gaps in our knowledge of physics to give us a more complete picture of our everyday lives.

Quantum discoveries have been incorporated into our foundational understanding of materials, chemistry, biology, and astronomy. These discoveries are a valuable resource for innovation, giving rise to devices such as lasers and transistors, and enabling real progress on technologies once considered purely speculative, such as quantum computers.

Physicists are exploring the potential of quantum science to transform our view of gravity and its connection to space and time. Quantum science may even reveal how everything in the universe (or in multiple universes) is connected to everything else through higher dimensions that our senses cannot comprehend.

## Quotations

1. According to quantum mechanics, Reality does not exist when you are not looking at it, this means that the universe may not exist if there was no one born to observe it.
2. When you change the way you look at things, the things you look at change.

3. Quantum physics says "everything is nothing".  
Spiritual knowledge says "nothing is everything".  
- Kanad

4. Everything is energy.  
- Quantum physics

5. Concerning matter, we have been all wrong.  
What we have called matter is really energy,  
whose vibration has been lowered as to be perceivable to the senses.  
There is no matter.  
There is only light and sound.  
- Albert Einstein

6. Everything is energy. All matter is energy. Energy cannot be created or destroyed. It is the cause and effect of itself. It is evenly (uniformly) present in all places, at all times. Energy is in constant motion and never rests. It is forever moving from one form to another. Energy follows thought.

7. Matter is energy...  
Energy is light...  
We are all light beings.  
- Albert Einstein

8. Clearly, our experience of the universe is that it contains matter. It would be silly to say that quantum physics can show that this is not what we experience. We experience matter as solid things, whereas quantum physics tells us that these solid things are approximately 99% empty space.

9. Science and religion support the same truth - pure energy is the father of creation, smallest building block in nature. Matter is nothing but trapped energy. My definition for God that works for me is "pure energy, supreme consciousness". The highest resolution of pure energy we use is the sensation we call "love".

10.If [quantum theory] is correct, it signifies the end of Physics as a science.

- Albert Einstein

11.Every matter contains atoms and atoms make up the matter. Energy is defined as the ability to do some sort of work. According to Einstein's theory of Relativity, energy can be converted into matter and matter can be converted into energy. Energy and matter are one and the same thing but in different contexts.

12.Quantum physics tells us that nothing that is observed is unaffected by the observer.

That statement, from science, holds an enormous and powerful insight. It means that everyone sees a different truth because everyone is creating what they see.

- Neale Donald Walsch [the minds journal]

13.What quantum physics teaches us is that everything we thought was physical is not physical.

-Bruce H.Lipton [the honeymoon effect: The science of creating heaven on earth]

14.Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is Physics.

- Albert Einstein

15.Quantum physics thus reveals a basic Oneness of the universe.

-Erwin Schrodinger

16."Everything in life is a vibration."

Atoms are in a constant state of motion, and depending on the speed of these atoms, things appear as solid, liquid, or gas. Sound is also a vibration and so are thoughts.

17.Life is strong and fragile(breakable).

It's a Paradox... It's both things, like quantum physics: It's a particle and the wave at the same time. It all exists all together.

-Joan Jett

18.Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are part of nature and therefore part of the mystery that we are trying to solve.

-Max Planck

19.We have no right to assume that any physical law exist, or if they have existed up until now, that they will continue to exist in a similar manner in the future. -Max Planck

20.Even though the body appears to be material, it is not. In the deeper reality, your body is a field of energy, transformation and intelligence.

- Deepak Chopra

21.Everything appears to be part of the Quantum Field which continuously oscillates between two states - "matter"(i.e.form) and "force"(i.e.formless energy).

22.As you focused in a closer and closer on the structure of the atom, you would see nothing, you would observe a physical void. The atom has no physical structure, we have no physical structure, physical things really don't have any physical structure! Atoms are made out of invisible energy, not tangible matter.

23.A fundamental conclusion of the new physics also acknowledges that "The observer create the reality". As observers, we are personally involved with the creation of our own reality. Physicists are being forced to admit that the UNIVERSE IS "MENTAL CONSTRUCTION".

24.If you want to know the secrets of the universe, think in terms of energy, frequency and vibration.

-Nikola Tesla

25. What we perceive as our physical material world, is really not physical or material at all, in fact, it is far from it.

This has been proven time and time again by multiple Nobel Prize (among many other scientists around the world) winning physicists, one of them being Niels Bohr, a Danish physicist who made significant contributions to understanding atomic structure and Quantum theory.

"If quantum mechanics hasn't profoundly shocked you, you haven't understood it yet. Everything we call real is made of things that cannot be regarded as real."

-Niels Bohr

26. Energy is the inherent capacity of the universe to make matter exist.

-kedar Joshi

27. Energy is liberated matter, matter is energy waiting to happen.

-bill belyson

28. There is no energy in matter other than that received from the environment.

-Nikola Tesla

29. Is god formless? Is the mind formless? Yes and yes. Energy creates forms. Forms do not create energy. Simple cause and effect. When a form is destroyed the energy remains. If energy was a form it could be destroyed. It is only logical then that the energy is formless.

30. Old Newtonian physics claimed that things have an objective reality separate from our perception of them. Quantum physics, and particularly Heisenberg's Uncertainty Principle, reveal that, as our perception of an object changes, the object itself literally changes.

- Marianne Williamson

31. The development of quantum mechanics early in the 20th century obliged (forced) physicists to change radically (totally) the concepts they used to describe the world.

-Alain Aspect

32.Nothing can create something all the time due to the laws of quantum mechanics, and it's - it's fascinatingly interesting.

- Lawrence M.Krauss

33.Einstein's theory of relativity does a fantastic job for explaining big things. Quantum mechanics is fantastic for the other end of the spectrum- for small things.

-Brian Greene

34.No one intuitively understands quantum mechanics because all of our experience involves a world of classical phenomena where, for example a baseball thrown from pitcher to catcher seems to take just one path, the one described by Newton's laws of motion. Yet at a microscopic level, the universe behaves quite differently.

- Lawrence M.Krauss

35.The main ingredient of the first Quantum revolution, wave-particle duality, has led to invention such as the transistor and the laser that are at the root of the information society.

-Alain Aspect

36.Before the discovery of quantum mechanics, the framework of Physics was this: If you tell me how things are now, I can then use the laws of Physics to calculate, and hence predict, how things will be later.

-Brian Greene

37.Quantum mechanics broke the mold of the previous framework, classical mechanics, by establishing that the predictions of Science are necessarily probabilistic.

-Brian Greene

38.The life force knows exactly what it takes to keep any particular living organism- any organism- alive. Anything in manifestation, for that matter. Even a rock is a manifestation of some sort, and you know, in physics and quantum physics, they know a rock is not dead.

-Lindsay Wagner

39. In essence, everything is energy and cannot be destroyed.

40. Quantum physics prove that nothing is solid; it proves that thoughts are what put together and hold together this ever-changing energy field into the 'objects' that we see. Our thoughts are linked to this invisible energy and they determine what the energy forms. Your thoughts literally shift the universe on a particle-by-particle basis to create your physical life.

41. Quantum physics is the physics of possibility. And not just material possibilities, but also possibilities of meaning, of feeling, and of intuiting. You choose everything you experience from these possibilities, so quantum physics is a way of understanding your life as one long series of choices that are in themselves the ultimate acts of creativity.

42. The language of quantum physics is beginning to describe the spiritual world.

43. The possibilities that are suggested in quantum physics tell us that everything that we are looking at may not be in fact there, so the underlying nature of being is weird (abnormal).

-William Shatner

44. In the old physics, three times two equals six and two times three equals six are reversible propositions. Not in quantum physics. Three times two and two times three are two different matters, distinct and separate propositions.

-Paul Auster

45. The whole is always more, is more capable of a much greater variety of wave states, than the combination of its parts... In this very radical sense, quantum physics supports the doctrine that the whole is more than the combination of its parts.

-Hermann Weyl

46. All the quantum physics experiments have occurred chiefly (mainly) on the atomic scale and we are taught to believe that nature's laws are consistent.

-Mitch Horowitz

47. Quantum physics has found that there is no empty space in the human cell, but it is a teeming (packed), electric-magnetic field of possibility or potential.

-Deepak Chopra

48. Like quantum physics the science of the soul deals with dimensions of reality we cannot see or touch.

49. The Quantum Field:

Scientists discovered the quantum when they were studying subatomic particles. They found that atoms, the building blocks of everything in the physical universe, are made up of a nucleus surrounded by a large field containing one or more electrons. This field is so large in comparison with the tiny electrons that it appears to be 99.9999% empty space. But, the space isn't actually empty; it's made up of a vast array (collection) of energetic frequencies that make up an invisible, interconnected field of information. So everything in our universe, although it may appear to be solid, is actually 99.9999% energy.

\* Atoms becomes local When the observer observing atoms in space and time. When the observer is no longer observing it, the Atoms turns back into possibility—that's the wave function. In other words, it turns back into pure invisible energy returning to the unknown and to its own agenda. When it turns back to energy and possibility, it becomes nonlocal. In the realm of the quantum, mind and matter are indivisible.

\* Atoms disappear and fresh atoms reappear about 7.8 times per second.

\* It is at the speed of light, that is at three lakhs km/s speed, pure formless energy divides into polarity or duality and electrons and positrons, etc., are created. That means at the speed of light oneness becomes duality and duality become oneness.

Dr. Joe Dispenza



50. Pure atoms when they are balanced and travel with unity with coherence, behave formless. But the reason why atoms appear to us only as form is because we see them with likes-dislikes (raga-dwesa). When we look at atoms with like-dislike vision, the photons from our vision hit the atoms, causing the atoms to become unbalanced. Positive Negative Neutral Forms are formed when these unbalanced atoms come together. \*\*According to quantum physics a particle vibrating due to your sound when you speak can effect a molecule inside a star at the edge of the universe instantly. This phenomenon is known as Quantum entanglement. The greatest illusion of this universe is the illusion of separation.

51. In 2012, the quantum physicist Dr.S.Haroche and Dr.D.Wineland received Nobel Prize for their experiments which showed that " A particle can be at two different locations at the same time." These experiment indirectly showed that "parallel universe do exist!"

52. Quantum truth bomb:

In order to understand quantum physics, you have to throw all sense of logic out of the window. Why? Unlike classical physics, quantum physics does not honor the same logic that applies to our everyday surroundings. Quantum particles follow a different set of laws - laws which, to date, no one understand.

53. Quantum entanglement enables particles to affect each other instantaneously across any distance. Entangled particles would remain "connected" even if they were on opposite sides of the universe.

54. "Quantum Mechanics and general relativity are both accepted as scientific fact even though they are mutually exclusive. Albert Einstein spent the second half of his life searching for a unifying truth that would reconcile the two."

-Roy H Williams

55. Quantum Science suggests the existence of many possible futures for each moment of our lives. Each future lies in a state of rest until it is awakened by choices made in the present.

-Gregg Braden

56. We are all connected. We just don't see it. There isn't an "out there" and an "in here". Everything in the universe is connected. It is just one Energy field.

-John Assaraf

57. If we are made of atoms, then a scientist studying atoms is actually a group of atoms studying themselves.

58. We must never forget that the world is not a permanent reality, but is a temporary product of our choices as creators.

-Bryant McCill

59. Atoms consist of 99.99999999% empty space. That means: The computer you are looking at, the chair you're sitting on, and you, yourself are mostly not there.

60. In quantum physics, what we normally perceive as "things" are seen to be not things; instead they are seen to be possibilities for consciousness to choose from.

61. If the atom isn't physical, neither is the universe, and neither is the human body. When you delve (explore) into the microscopic world where matter disappears, at the horizon of space and time when both return into the vacuum state, the void that is actually the womb of creation, reality isn't about to vanish. Quite the opposite- as the ancient Vedic Rishi's taught, creation is richest at its source, because it is here that consciousness consists of infinite possibilities. If the mind could manipulate those possibilities, we humans would find ourselves to be co-creators of the physical world that is projected all around us.

62. "The fundamental process of nature lies outside space-time but generates events that can be located in space-time."

-Amit Goswami

63. Naturally we project that the moon is always there in space-time, even when we are not looking. Quantum physics says no. When we are not looking, the Moon's possibility wave spreads, albeit by a minuscule (very small) amount. When we look, the wave collapses instantly; thus the wave could not be in space-time. It makes more sense to adapt an idealist metaphysic assumption: There is no object in space-time without a conscious subject looking at it.

-Amit Goswami

64. Anything that occupies some space has a mass and everything that has a mass and volume is known as matter. Every matter contains atoms and atoms make up the matter. Energy is defined as the ability to do some sort of work. According to Einstein theory of relativity, energy can be converted into matter and matter can be converted into energy. Energy and matter are one and the same thing but in different contexts.

65. Consciousness does matter. Matter is secondary. Consciousness is primary. Brain does not do consciousness, consciousness does the brain.

-Amit Goswami

66. We can truly see that consciousness is operating creatively even in biology, even in the evolution of species. -Amit Goswami

67. It is not just do do do. It is not just be be be. It is do be do be do.

68. Evolution is fundamentally creative, and when we align ourselves with the evolutionary movements of consciousness, the universe itself puts wind in our sails (canvases). Quantum thinking goes beyond the thoughts we are aware of; it includes unconscious processing, which does not just expand our boundaries, but can also free us from the suffering that conscious processing (sometimes known as 'the monkey mind') creates.

69. In Einstein's theory of relativity the observer is a man who sets out in Quest of truth armed with a measuring-rod. In Quantum theory he sets out with a sieve (filter).

-Arthur Eddington

70. Quantum physics presents a new and exciting worldview that challenges old concepts, such as deterministic trajectories of motion and casual continuity. If initial conditions do not forever determine an object's motion, if instead, every time we observe, there is a new beginning, then the world is creative at the base level.

- Amit Goswami

71. You are not in the universe, you are the universe, an intrinsic part of it. Ultimately, you are not a person, but a focal point where the universe is becoming conscious of itself. What an amazing miracle.

72. Bohm's interpretation of quantum physics indicated that at the subquantum level, the level in which the quantum potential operated, location ceased to exist. All points in space become equal to all other points in space, and it was meaningless to speak of anything as being separate from anything else. Physicists call this property 'nonlocality'.

-Chuck Missler

73. What really matters for me is.... The more active role of the observer in quantum physics... According to quantum physics the observer has indeed a new relation to the physical events around him in comparison with the classical observer, who is merely a spectator.

-Wolfgang Pauli

74. I am not talking to you from the point of view of just wishful thinking, or imaginary craziness. I am talking to you from a deeper basic understanding- quantum physics really begins to point to this Discovery, it says that you can't have a universe without mind entering into it, the mind is actually shaping the very thing that is being perceived.

-Fred Alan Wolf

75. Matter and energy

Matter is the material substance that constitutes the observable universe and, together with energy, forms the basis of all objective phenomena. Energy, in physics, is the capacity for doing work. It may exist in

potential, kinetic, thermal, electrical, chemical, nuclear, or other various forms.

76. Human body is a colony of 50 trillion happy cells that did exist as unicellular organisms for millions of years before getting together as this multicellular colony

-Dr. BM Hegde

77. If you want to be healthy develop healthy mind. The healthy mind is an insurance for continued health and absence of disease.

-Dr. BM Hegde

78. If someone is fit to run a marathon doesn't mean he/she is fit to live a healthy life." "Health is not even absence of disease, as all of us have diseases. We all will have over 100 cancer cells at any given time, but they don't become clinical cancer as they die on their own." Quoting a sloka from Ayurveda, Dr.Hegde defines health as the enthusiasm to work and love.

-Dr. BM Hegde

79. One of the central mysteries of biology is why the genome is largely identical from cell to cell, even though cells do different things.

80. Every cell in your body is intelligent and will respond to your direction. The cells are all creators and will create the exact pattern which you give them.

Charles F. Hanel

81. Your mind is in every cell of your body.

82. Everything you will ever need to know is within you; the secrets of the Universe are imprinted on the cells of your body.

Dan Millman

83. Every single cell in your body is affected by every single thought that you have.

Jack Canfield

84.The body is a cell state in which every cell is citizen. Disease is merely the conflict of the citizens if the state brought about by the action of external forces.

Rudolf Virchow

85.Simple molecules combine to make powerful chemicals. Simple cells combine to make powerful life-forms. Simple electronics combine to make powerful computers.

86.A cell has a history, its structure is inherited, it grows, divides, and, as in the embryo of higher animals, the products of division differentiate on complex lines. Living cells, moreover transmit all that is involved in their complex heredity.

Frederick Gowland Hopkins

87.The cells of your body are like a trillion lightbulbs. When you relax, purify, and connect to source, you are a powerhouse of Light.

88.Cell Division is one of the greatest shows on earth, which awakens an embryos intricate potential and rhythm to transform into a wonder of creation.

Sanketh Dhumal Satya

89.Whenever you feel sad, just remember that there are trillions of cells in your body and all they care about is you.

90.We are all cells in the same body of humanity.

### Quotations on Energy, Acceptance and other topics

1.The universe is the creation of the mind. Universe exists inside the mind as the flower exists inside the seed.

2."Divine power is not a force to be wielded, but a presence to be embraced."

3."When we acknowledge that we were born as divine energy incarnate, we can see ourselves as lovable."

4.Beyond the duality of form and formless, absolute and relative, the world of nothingness and the world of somethingness are one thing.

5.You are pure, unrestricted, formless energy. You are not your body, your emotions or your mind. If you were your mind, how would you become aware of your thoughts, which are generated in your mind? Your mind, your personality and your body are parts of your experience here on earth but they are not what you are.

6.As long as you cling to the idea that only what has name and shape exists. The supreme will appear to you non-existing. When you understand that names and shapes are hollow shells without any content whatsoever, and what is real is nameless and formless. Pure energy of life and light of consciousness. You will be at peace-immersed in the deep Silence of reality.

7.I am formless and everywhere. I am in everything. I am in everything and beyond. I fill all space.

8."Empty your mind, be formless, shapeless- like water. Now you put water into a cup, it becomes the cup, you put water into a bottle, it becomes the bottle, you put it in a teapot, it becomes the tea pot. Now water can flow or it can crash. Be water, my friend."

-Bruce Lee

9.Our gratitude liberates an energy within us that immediately expands into the formless substance, where it is instantly returned to us in kind.

-Wallace D Wattles

10. Acceptance looks like a passive state, but in reality it brings something entirely new into this world. That peace, a subtle energy vibration, is consciousness.

- Eckhart Tolle

11. "Accept" that you will never be perfect, life will always have challenges, and other people will disappoint you sometimes. Acceptance is the first step toward peace.

12. Acceptance is observation of life and suspension of judgement about whether what is happening is good or bad, right or wrong.

13. Every step of our life we need to accept ourselves all over again.

14. When people are not accepting toward themselves they are often obsessed with acceptance by others.

15. Accept- then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it... This will miraculously transform your whole life.

16. "Acceptance"

I accept that I am unique and not everyone will accept me for who I am or what I do. I accept that everyone is entitled to their own perspective.

17. Happiness occurs when you forget who you're expected to be. And what you're expected to do. Happiness is an accident of self-acceptance. It's the warm breeze you feel when you open the door to who you are.

18. Understanding is the first step to acceptance, and only with acceptance can there be recovery.

19. There are people who will never change and you have to accept that.

20. When you learn to accept instead of expect, you will have fewer disappointments.



21.The happiest people in life are able to be themselves. But you cannot be yourself, until you accept yourself.

22.Life becomes 'easier' when you learn to accept the apology you never got.

23.Love is acceptance-  
Accepting people as they are. Just acceptance and caring.

24.There's so much grace in acceptance. It's not an easy concept, but if you embrace it, you'll find more peace than you ever imagined.

25.Acceptance of a problem will not only make you stronger to get over it but also make your troubles disappear.

26.Acceptance does not mean resignation; it means understanding that something is what it is and that there's got to be a way through it.

27.When we begin to respect and accept the differences we have with other people. It becomes easier for us to love and appreciate them.

28.Whatever you accept completely will take you to peace, including the acceptance that you cannot accept, that you are in resistance.

29.When I am disturbed, it is because I find some person, place, thing or situation- some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I accept myself, my situation and my life completely on life's terms, I cannot be happy.

30.Just because I accept you as you are does not mean that I have given up all hope of your improvement.

31.You have to accept that some things will never be yours, and learn to appreciate the things that are only yours.

32. Because in the end, and no matter how hard it is, acceptance helps people move on with the rest of their lives.

33. Understand that people change and sometimes they are no longer compatible with our lives. We just have to learn to accept it and move on.

34. Non-acceptance is always suffering, no matter what you are not accepting. Acceptance is always freedom, no matter what you are accepting.

35. “Prayer is you speaking to God. Meditation is allowing the spirit to speak to you.”

“Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there.”

36. “To make the right choices in life, you have to get in touch with your soul. To do this, you need to experience aloneness, which most people are afraid of, because in the silence you hear the truth and know the solutions.”

37. If your interpretation of quantum physics can successfully explain what the experiments reveal to us, it is valid; all the ones that cannot are invalid. The heart of quantum physics can be found in these experimental results. We impose our preferences on the Universe at our own peril. The only path to understanding is to listen to what the Universe tells us about itself.

38. Your models of reality shape your experience of reality.

So, if you think of the body as physical, mechanical, material then the approach to healing is through pharmaceuticals, physical interventions, molecular biology.

If you think of the body as energy then the approach is through energy medicine- reiki, acupressure, acupuncture, marma therapy etc.

If your model of the human body is information then sensory modulation, emotional and social intelligence will reshape your experience of the body.

But if your model and understanding of the body is modified form of consciousness then the pure consciousness is the highest intelligence for self-regulation and healing.