

If We Are Anything: OM, Chi, Consciousness & Quantum Gravity



In this book Commencing a trilogy on consciousness, belief and intent, If We Are Anything lays the foundation for exploring the connections between spirituality and modern physics. After establishing an adequate base in the understanding of classical physics, relativity, quantum mechanics and new-age theories, Mark Nesti takes us deep into the heart of alternative therapies, intent, consciousness and belief, by describing an entire particle mechanism connecting spirituality and matter. Descriptions of the reality we experience in our everyday world are accompanied by these connections and explain many spirituality-based systems such as chakras, Karma, the akashic records, impermanence, dependant arising leading to the possibility of Samsara, OM, Chi and the mechanisms that form conscious connections between intent and matter. These connections underpin the disciplines of martial arts, alternative therapies and manifestation. Nesti delves even further, showing us the mechanisms of reality by suggesting a new viewpoint in which matter, force and time come into being and interact. These new ideas, alluded to earlier by Einstein, Bohm, Penrose and a host of notable scientists, expose free will of individuals as the driving force of existence what shapes reality into being and form. If you have ever wondered how thought, belief, intent, and their causal effects sculpt the world into what we see and feel, or pondered the hows and whys of alternative therapies, this book offers an opportunity to understand the connection between science, spirituality and the reality which we all co-create. Join us in that journey!

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