

# Reality Shifts When Consciousness Changes The Physical World

What if the world we perceive is not the only reality? What if our consciousness has the power to shape and change the physical world around us?

In his groundbreaking book, *Reality Shifts When Consciousness Changes The Physical World*, Dr. Amit Goswami, a theoretical physicist and professor at the University of Oregon, explores the latest scientific research on consciousness and its relationship to the physical world. He argues that consciousness is not merely a passive observer of reality, but an active participant in its creation.



## Reality Shifts: When Consciousness Changes the Physical World by Cynthia Sue Larson

★★★★☆ 4.4 out of 5

Language : English  
File size : 1708 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 312 pages  
Lending : Enabled



Goswami draws on a wealth of evidence from quantum physics, neuroscience, and psychology to support his thesis. He shows that our

thoughts, emotions, and beliefs can have a measurable impact on the physical world. For example, studies have shown that people who meditate regularly can improve their health and well-being, and that people who are exposed to positive emotions are more likely to experience positive outcomes in their lives.

Goswami's work is a major contribution to our understanding of consciousness and its role in the universe. It offers a new way of thinking about reality and our place in it. If consciousness is truly the primary force in the universe, then we have the power to create a world that is more just, sustainable, and peaceful.

### **Here are some of the key takeaways from Goswami's book:**

- Consciousness is not a separate entity from the physical world. It is the fundamental ground of all reality.
- Our thoughts, emotions, and beliefs have a measurable impact on the physical world.
- We have the power to create a world that is more just, sustainable, and peaceful.

**If you are interested in learning more about the relationship between consciousness and the physical world, I highly recommend reading *Reality Shifts When Consciousness Changes The Physical World*. It is a fascinating and groundbreaking book that will change the way you think about reality.**

### **About the Author**

Dr. Amit Goswami is a theoretical physicist and professor at the University of Oregon. He is the author of several books on consciousness and its relationship to the physical world, including *Quantum Creativity* and *The Self-Aware Universe*. Goswami's work has been featured in major media outlets such as *The New York Times*, *The Washington Post*, and *Time magazine*.

## Image Alt Attributes

- Dr. Amit Goswami, author of *Reality Shifts When Consciousness Changes The Physical World*
- A group of people meditating
- A sunrise over a peaceful landscape



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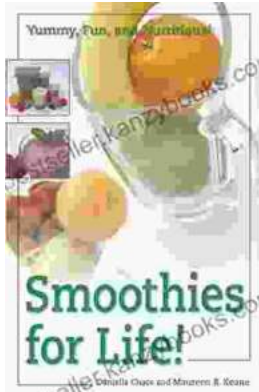
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