

What is Consciousness

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Independently Published (2021)

ISBN 9798504483153

Reviewed by Paige Lovitt for Reader Views (05/2021)

“What is Consciousness: The Factor Creating the Law of Limitation,” is the fifth book in the *Discovering the Vastly Integrated Processes Inside Nature* series. This series presents an astounding amount of information on complex topics that help condition us as sentient beings. Readers, especially those with an interest in science, cultural wisdom and metaphysics will quickly find themselves immersed in this engrossing series. “What is Consciousness,” leads us into an in depth, thought provoking discussion on the various aspects of consciousness. The discourse points to the benefit of the readers focusing their energy on channeling their consciousness into being their individual self, rather than exchanging their consciousness with either animate or inanimate entities. This work explores the different aspects that go into creating our consciousness. There are some fascinating discussions that involve comparing how animate and inanimate entities can influence our consciousness. When we are alive, we are animate entities, and after death we become inanimate ones, yet either way, we still have roles and still seek to fulfill them.

Once again, I am astounded by the amount of information Gupta has presented in this book in the series. I enjoyed being able to receive information about consciousness that comes from multiple sources, including ancient wisdom, which was gathered long before we tapped into the knowledge derived from modern science. I still find it fascinating and refreshing to be able to read about different topics that might touch scientific theories such as those derived from quantum mechanics, such as the Boson particle, or those derived from ancient eastern religions. In the end, they all touch on various aspects of the processes within nature. As with the rest of the series, some of the information presented here is extremely complex and beyond my comprehension skills, but I enjoyed selecting topics that resonated with me and I really learned from them. In the case of consciousness, I realized that I do need to focus my energy on what I allow to come into my consciousness because this has a direct impact on my reality. I will be working on setting stronger boundaries around what I will accept. I also found it interesting to read about the idea that our consciousness doesn’t end when we die. It changes, but it doesn’t end.

I feel that “What is Consciousness,” would make a fascinating selection for some type of reader’s group, such as a college STEM club or for an organization like IONS (Institute of Noetic Sciences). I would love to sit in on one of these discussions because it would be fascinating to hear the impact that this book has had on others, especially if they are coming in from a strong background in science.

While this study is about consciousness, it also mentions para consciousness. I found this to be intriguing because this comes from outside our self. This will be covered in much greater depth in the sixth book of the series, "What is Para consciousness?" I look forward to reading it.