

What Is Consciousness? The Factor Creating the Law of Limitation

Vipin Gupta

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Reviewed by Megan Weiss for Reader Views (05/2021)

Vipin Gupta's "What Is Consciousness? The Factor Creating the Law of Limitation" is a unique, introspective analysis of the nature of the human mind and our ability to perceive the world around us, make decisions and engage in critical thinking, and, overall, an investigation into what truly makes us 'aware.' In essence, how do humans use their conscious minds and thoughts to fill the "void" that is our futures, while all the while unknowingly limiting ourselves and prospects in the process.

One thing I especially enjoyed about Gupta's "What is Consciousness?" was how he envisioned multiple different types of consciousness. Throughout the book, he brushes upon para-consciousness, absolute consciousness, cultural consciousness, scientific consciousness, metaphysical consciousness, immanent consciousness, and many more realms of the human psyche. I thought this was a good way to illustrate how we treat or think of different aspects of life in different ways. Just like humans like to subject other humans to labels and categories, the thought processes of human consciousness seem prone to doing this, as well. As a former anthropology and history student, it reminds me of the different 'lenses' we would use to study topics.

"What is Consciousness" is definitely not a light, quick read. It is very technical and contains a lot of advanced terminology and concepts. It is ambiguous and direct at the same time. I would find myself reading along, getting sucked into Gupta's almost fantastical, story-teller like tone, while at the same time having to constantly think about the words I was taking in, because I wanted to make sure that I was getting the main message of the book, and understanding the words correctly.

The advanced, technical nature of the book is most likely due to the fact that I have not read many books on the subject that are up to this caliber of research and detail. It is clear that "What is Consciousness?" includes material that was heavily researched and analyzed prior to the author putting pen to paper. Therefore, the slightly tedious air of the book actually seems fitting. Over the course of my educational career, I have found that those works that I have found to be more challenging are the ones I enjoyed focusing on the most and learned the most from.

"What Is Consciousness?" is a great read for anyone who wants to learn a little bit more about the capabilities of the human mind, and how there is so much we do not know about what it can do. Partly due to unconscious limitations placed upon ourselves by our own thoughts and ideas and partly due to the fact that science simply hasn't advanced quite that far yet, Gupta's book is

part of a growing field of research that is focusing harder on human thought, consciousness, and how these things have the potential to be the driving forces of our lives if we give them the chance.