

Meditation, Mental States, Quantum Mechanics and Enlightenment

Authors : Ven. Bhikkhu Ananda

Abstract : Mind emerged from the quantum field. The practice of mediation can take one to the state of enlightenment. During meditation, the change in the very behaviour of electrons, protons, and photons and their fields, known to be quantum fields, create mental states. This could well be expressed in the mathematical language of quantum mechanics. This paper qualifies and quantifies mental states created during meditation and is explained by quantum mechanics. In meditation, phenomenology can be seen as the process of enlightenment. In this process, the emptiness shown in Buddhist philosophy and the emptiness of quantum fields is compared. The methodologies used here are mindfulness meditation and metta mediation (compassion meditation). The research findings suggest not only quantumness and change are consciousness, but well-founded behaviour of an individual in the society, which can amplify the positive behaviour caused by mental states, and that emptiness and impermanence of phenomenon are based on dependent arisings. The presence of quantum coherence indicates that quantum mechanics has a role in the evolution of the pure mind and the phenomenology created thereof in mediation.

Keywords : meditation, mental states, quantum mechanics, enlightenment

Conference Title : ICCBR 2022 : International Conference on Cognitive Brain Research

Conference Location : Paris, France

Conference Dates : July 19-20, 2022