

# TRANSFORMATION OF CONSCIOUSNESS. SCIENCE AND SPIRITUALITY. ORIENTED TO THE WELL BEING, GROWTH AND HUMAN DEVELOPMENT.

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## ABSTRACT

*According to new developments and understandings of science in terms of transmission, its scope and possibilities, in turn opened many pathways suggest exploration, so that wider dissemination of this knowledge and usefulness to the same welfare and growth. Thus, in the area of the groups, and specifically that of human groups as systems, new strategies have been found, which in turn have led to reformulate concepts and previously treated, so to be modified in from other optical remote from the extraction of an anticipated improvisation, but with strength and underpinnings of increasing impact, expand the opportunity to enter a new paradigm for the benefit of the development of the human species. And, as initial approaches which might indicate such contributions, it follows and understands the degree of importance it attaches itself the context of consciousness. From which arises the proposal for a transdisciplinary project that can knit together the insights and analysis of what has been exposed within the field of consciousness studies, the thematic focus on well being, growth and human development and the contributions of science give space to the spiritual conception.*

## TRANSDISCIPLINARY APPROACHES

As a possible approach is understood that since the birth of science, these have been based on a strict association of knowledge emerged in different areas of knowledge and scientific bodies that exercised by themselves constitute a particular field, says Hirsch ( 2008).

In interdisciplinary research, according to the national Academy (2005), there is a conglomeration of various teams of people within the constructs transmitters of information, data, techniques, tools, perspectives, concepts and / or theories, and is from two or more disciplines immersed and his involvement with the understandings that are fundamental to improve the resolution of various challenges, which would be beyond the understandings offer from one of the currents.

Raback et al (2002), argues that collaboration requesting that addresses the various sectors and combined efforts in the process of resolving issues and towards achieving common goals, warned a meeting of approaches and skills which turn up new fields, which OECD (1998), argued to be among the disciplines, across disciplines and across all disciplines.

Wear (1999), for his part said that according to the opportunities and challenges presented by their own social realities and environmental nature, the dialogue between disciplines is increasingly necessary and appropriate for the resolution and addressing the various events. Hence, the sharp observation of little or no chance of advancement unidisciplinary present reading in relation to the specific advantages offered by the work from a broader perspective that is, interdisciplinary.

Furthermore, this concept would be most important in not considering the many implications that represent the agreed proposals and objectives which in itself may have dissimilar backgrounds. This without reference to guiding parameters or support that direct or allow the development of a category as a discipline in itself. That is, only the fact of achieving design structures that allow us to understand a current disciplinary findings, specificities and challenges, would take the fabric and solidification, at least the symbolism of the codes themselves and know that would understand and communicate proposals and findings. All these without mentioning the changes that occur in themselves, when they are played by different languages, also in itself part of previous agreements of understanding.

Thereupon, a combination that can take shape

from other disciplines or interests in common, that start and have their own standards of understanding, there is again another scheme that is needed to achieve and reach agreements allowing appreciation of their interrelationship and could be shared as a common platform to address the various manifestations of reality that they exert their impact and interference on the same species and their environment. Initial element in enabling and decision to include and consider the approaches of knowledge with different optics, and hence the only sketch to join the shared benefit of serving multiple requests contextual.

Brewer (1999) postulates that once and posthumous reflection and assimilation of the advantages of applying multicontextual documented in the interdisciplinary exploration, and as a reference point, it also provides concrete consciences that allow this act to provide care of specific guidelines, and depart from the management of processes and treatment with an interdisciplinary joint, which in turn has inherently a stand and permission-oriented attitude, flexibility and acceptance of innovation determination, and free self-limitation, which facilitates the incursion, and spontaneity that promotes discipline and the ability to provide answers that address not only the immediate area, but the context in general.

In this situation forward by integrating the multiple disciplines that give rise to the concept beyond the limitations of the theories themselves are accessed transdisciplinarity, which expand on whether the reference.

Hence, Romero (2002), specifies that transdisciplinarity is meant for those who are at once between disciplines (interdisciplinarity), through the disciplines (multidisciplinary) and across disciplines (transdisciplinarity) and where the purpose is the understanding of the present world from the unity of knowledge.

In 2005, (Thomson) indicates that the prefix "trans" denotes something that goes "through", "beyond" or "between", involving an entity or idea which is broader in perspective and even "transcendent." At the same time, "trans" indicates the "transgressive," implying disruption or even dissolution of boundaries. Both connotations are clearly seen in the history of discourse.

In this sense Carrizo (2004), conceives of transdisciplinarity as the ability to think on a network, indicating precisely the strategy the

need to reform the categories of thought to address the knowledge of reality from a complex look.

Thus coming to the diversified structure that sees the complexity, deciphering most notably the concept of paradigm and its integration.

### **Integrating the new paradigm**

The Royal Spanish Academy defines a paradigm as the core of which theory is accepted without question and that provides the basis and model for solving problems and advancing knowledge (RAE, 2011)

In a post-Newtonian world, is beginning to learn to manage the dialogue and its contents related to the paradigm of complexity, although it is true, the progress already made in the various disciplines, were also accompanied by the inadvertent events attention which has been shown clearly (May 2000).

According to Romero (2002), using this paradigm is that we approach new ways of conceiving reality. On the one hand, if the Newtonian mechanistic science, aspiring to knowledge of the universal, to the knowledge of diversity and the particular, what brings the science of complexity. As a dualistic view, this paradigm is built on assumptions that are not and also recognizes differences in processes of different nature-bio-physical, psychosocial and socio-cultural system or integrated into everything organized and running. Faced with a reductionist science and monolingual, urges the construction of an integrative science, polyglot, and therefore, inter-and transdisciplinary. In the face of science that excludes the randomness, bifurcations and fluctuations in short, time, and thus the irreversibility incorporates thus the evolving capacities and capabilities transformed.

The appreciation of classical Newtonian physics, in which basal paradigm privileges the analysis and not the overall perception of fact, which limits this perception only to each of its parts, where basically the cause and effect, it legitimizes the fact, leads in a deterministic, which is not supported by the current paradigm. Where it provides a different interpretation of reality, understanding the universe in a holistic manner, as a whole, not just to each of its parts separately, assuming that "the whole, in its entirety is contained in each one of the parts

that make up "(Bohm hologram). Raising indivisible realities, in which different parts of the universe are simultaneous and closely related, beyond what is perceptible to the interconnection of all the facts, and interdependence, which becomes inoperative to the linear causality (Mendoza, 2011).

For its part, Gibert (1999), had already put in a collaboration agreement, detailed and comprehensive, would be allowed to venture into the mysteries of complexity from new perspectives, free riddle and covered with rigor and simplicity.

Being in these processes of argument raised by Stahel (2006), consideration of multiple dimensions, fluctuations, interdependencies and uncertainties in them are where you can see a complex optics. In order to attain a level of thought, and in turn amplified, would be the hermeneutic exercise, which would be able to pinpoint the various truths that emerged from the various forms of knowledge, that this in turn allowed the reconstruction of communication schemes capable of relaying and configured in common dialects, or at least understand each other, allowing a true transdisciplinarity.

The foundations that give rise to unified transdisciplinary approach distinctions that may exist in addressing real schemes that require attention beyond one or more disciplines equally spaced or isolated so that transcend orthodox positions or limited complementarity. So that taking into account the new paradigm, they show us in their original setting, how to conceive and outline the aspects of reality itself with an orientation to the inclusion of diverse optical allow proper assessment and intervention, beyond the simple primary conception, gives the amplification spectral pattern which you can access representations of the profile itself and specify its upper contact interference. Thus, both the transdisciplinarity as the paradigm of the complexity of their relationship in the estate of distinction that would be exerted towards the participation of the various areas of knowledge in order to develop and address the same aspects of daily life, and since these approaches to warn taking a closer understanding for and towards knowledge. As for the application contexts of transdisciplinary understandings and their relationship with the new paradigms, is the reality in which we find ourselves and the distinct and diverse societies on the planet, where new ideas and challenges underpinning

attention and action towards a comprehensive, beyond dogmas or guidelines leading roles, which obstruct a timely and effective progress towards the new and unprecedented situations. Those who would agree with this understanding. Also allow greater insight into the realities evident in many areas exist, and in turn the overall picture, from a new vision, the possibilities of action would be displayed with greater prominence.

So that is the same everyday from which it arises and restates this reality which in turn requires comprehensive care towards its decoding, which brings us a new vision, that is, which is based on interpreting universality and embracing in its greatest extent possible, the scheme encourages complex knowledge and print awareness. Being from surrounding the very existence of which becomes the knowledge itself. As unveiling would show greater vital in advancing and interpretation of the context itself, which is limited beyond the simple or immediate approaches. Whichever by understanding more fully what is reality itself, and from life itself. Returning thus essential concepts such as consciousness.

### **Recognizing the consciousness**

The approaches to the subject of consciousness are as varied as human experience itself. The presence of a certain diversity of consciousness is usually regarded as a hallmark of living in contrast to what is not alive. Life is the expression of consciousness in the observable world and experimental way. But the totality of human experience testifies that consciousness is both overt and manifest. The perception of consciousness as a form is common, but the perception of pure consciousness beyond form, is exceptional. The "experience" pure consciousness, devoid of all content, has been reported consistently throughout human history, and reports have always been the same. Many people who have achieved this state have grown to become Grand Masters of the story, and have deeply influenced human behaviour. These beings, in the course of a few years, have been able to change understanding of millions of people in ancient times, the contextual meaning of existence. Because of these teachings have nothing to do with the material world experienced by the senses, have been designated as spiritual.

In this sense, the conception of science in recent decades have documented findings from

an extraordinary series of experiments that show that having some thoughts directed to an end can affect the body, to inanimate objects and practically all living matter from unicellular organisms to humans. In this sense, we have demonstrated the effect of intention on random event generators (Jahn et al., 1997).

All these contributions from the different areas of science have produced a review of previous conceptions of cause, effect, time, space, energy, matter and motion to reconsider new paradigms of physical phenomena, through the contents and dynamics of the different constructs progressive (Vallejo, 2008).

Also in other applications has demonstrated how thoughts can also affect the direction in which the fish come to swim, the movement of animals and the degradation of cells in the laboratory (Braud et al, 1991).

Braud has also developed some of the first controlled studies of mental influence on human beings. In a research group, Braud has shown that a person can affect the autonomic nervous system to another.

In this sense, Schlitz (1997) has been demonstrated in terms of electrodermal activity (EDA) which is a measure of resistance of the skin showing the stress state of an individual. And a change in the EDA usually occurs when a person is under great stress or feeling uncomfortable. One study examined the effect of the shape of the EDA when the person being observed, which is one of the easiest ways to isolate the effect of remote influence on human beings. Has repeatedly shown that people undergo a change when they are being observed.

The mind seems to be closely related to the matter and actually being able to influence this. Physical matter can be influenced and even changed irreversibly, not just by force but by simply making a thought.

Recent research shows that living things are constant transmission and reception of measurable energy.

Grinber-Zylberbaum et al. (1987) used light flashes and found that the EEG patterns of EEG Brain "transmitter" or whoever issued, once registered under the evocation of light, is repeated in the brain of the "receiver" who was in another different location.

Even at measuring visceral, emotional states of the "transmitter" are also registered in the intestines of "receptor", as shown by Radin and Schlitz (2005).

In this sense and from the most varied disciplinary approaches have also been addressed from neuroscience experiments that refer to terms such as synchronized which for decades is being investigated as a mechanism of neural integration, both the timing signal simple neuron to neuron, and complex signals in neuronal populations (Tiesinga, 2008).

These experiments suggest that physical matter can be influenced and altered by thought.

In this same vein, the proposed transformation of consciousness is emerging towards transdisciplinary develop a contextual framework which would cover the uniqueness among the latest findings of science and spirituality dimensions of well being oriented to the growth and human development.

## **IMPLICATIONS FOR THE FUTURE**

Today we are in a situation of increasing interdependence, in which to coexist on the same planet and be part of the same biosphere, the future of humanity is attached to the preservation of the support systems of life on earth and the preservation of life in all its dimensions.

The great expectations of the cultures are able to provide valuable knowledge of universal science. And in the process of providing a better quality of life and self-sustaining a suitable environment for future generations, science provides presence and service to humanity itself in its contribution to providing greater clarity and understanding of nature and society.

Proposals, authors such as Fernandez (2004), argue that to exist, this kind of science called conscious, not focus only on achieving objectives that strengthen the dialogue between philosophers and scientists, but rather in the way or way of bringing the general public, new discoveries and achievements that science has achieved and understood about the issues like the universe, the human mind, social relationships, evolution and genes, as a metaphor, and / or language accessible to the population as a generality.

Hence the initiative on bring the latest interdisciplinary approach with focus aimed at the transformation of consciousness.

So that the latter, aims not only to the recruitment and preparation of the figures, the structure of theories and deductive logic when the scenario approach, characteristic of the scientific method but rather to show results, the classics called the method of exposure. So, recognizing the importance of it, would give the combination that would arise in the conception of understanding between science and citizenship.

The OAS (2005), reaffirmed its insistence on linking all sectors, from private to those of international character, prioritize research useful to the resolution of development issues, promoting associations of the various scientific communities, technology and government, which also supports the generation of proposals and participation in general at the time of use, emphasizing the Community category as elementary conception of a parallel improvement.

Ultimately, as part of the proposed intervention with groups willing to modify patterns and access to new paradigms of their realities are defined as a transformation of consciousness, or as a profound change in the experience of consciousness, which has result in lasting changes in the way of understanding and relating to oneself and others and the world.

Although the transformation results in changes in thoughts, feelings and behaviours, the actual process requires not directly change these things. What changes is the perception of consciousness.

Thus, these phenomena to be externalized and then conceptualized with various assessments of knowledge and scientific understanding that if it is still early in its presentation, the field would be open to greater depth, which in turn enrich the understanding and multiple to its own well being, growth and human development.

In addition to meeting and seek an essential design with applicability to the context where they develop and increase the chances of achieving results that reference models to structure, to other environments.

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