

The Lucy Theory

A view of consciousness from a different perspective

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Synopsis:

The 'hard questions' of what is consciousness, and how can we have first person subjective experiences of qualia, has been approached from a different perspective, resulting in a theory that knits together accepted scientific understanding, empirical data, and personal observation. It makes one new assumption, derives answers from accepted knowledge, and asks a new question, which results in new answers to the old questions that I hope will provoke thought and debate.

This paper is in three parts.

Part One: What is consciousness?

Part Two: What is qualia and have we got free-will?

Part Three: Why can we not be consciously aware of what it is like to be someone else?

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Part One: What is consciousness?

The starting point:

In 2002 I qualified as a Psychotherapist. In 2004 I had issues in my personal life and I sort therapeutic help from the profession. It did not work. I fell into deep depression. I stopped seeing clients and withdrew inside myself. Many weeks passed when an event woke me up with the questions, “Why are you doing this to yourself? Who is pulling strings to make you feel and react the way you are?”

Those questions started my journey of discovery; within weeks I had secured and read many books on the topics of mind, body, quantum physics and related subjects. I started asking myself new questions, developing a routine that brought me out of depression, and well enough to be able to see clients again. I had thoughts that I may just be me making things up, the placebo effect, but I was not really bothered as I felt well, and was able to take an active and responsible attitude. My business picked up, and then a serendipitous meeting changed the direction of my life.

A man rang and asked if I could help him stop smoking. At the first meeting I asked him how many cigarettes he smoked. His answer was a wake-up call. “I do smoke, but that is not why I have come to see you.” I asked him to explain. “I have not been able to work for over six weeks ... I am sure I am going to lose my job. My doctor will not give me antidepressants until I have seen a therapist.”

My response was ‘what a wonderful doctor you have and why does a young man in his thirties want antidepressants?’

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He told a story of how the woman he had been living with and loved for the last two years, had left him, and he was unable to cope without her. He had started drinking and stopped eating, resulting in his loss of caring about himself. Could I help him?

I suggested to him that I would teach him some routines I had developed which had enabled me to overcome strong negative behaviour. He agreed and within two weeks he had stopped his excessive drinking, was eating sensibly, but more impressive he was back at work. This suddenly woke me up to the thought that perhaps what I was doing was not a placebo but in fact a process with real potential.

Over the following months I introduced more and more clients to the routine. The results were significant. Clients gave me feedback and together the process developed; one client actually gave the process a name, she called it Dynamic Thought Transfer Process. In 2008 I decided I needed to collect client data to evidence the significant results the process produced. Since February 2008 I have collected data from many clients which provides evidence that if a client participates fully in the programme within six sessions of therapy (four to six weeks) their health and behaviour have significantly changed, many leaving therapy to embrace life to the full. Table 1 below summarizes some of the data.

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Table 1: Data collected from February 2008 to June 2009.

The higher the score the more negative the modality.

	Average score at start of therapy.	Average score after 4/6 weeks of therapy	% improvement
Trying to please other people.	68	29	57%
Thinking about the past.	66	25	62%
Thinking about the future.	65	55	16%
Thinking about revenge.	22	10	55%
Thinking negative about self.	71	25	64%
Thinking about regrets & failure.	59	20	66%
Worrying.	77	34	56%
Trying to control other people.	39	18	53%

The success of my work with clients took me deeper into asking, ‘how does the DTT process work?’ Why does it work? Then I asked the question relating to consciousness and qualia. Most books and articles I was reading were asking the question from the human perspective. I asked the following four questions.

1. What are humans made from? Answer: Atoms.
2. What are other living entities made from? Answer: The same atoms.
3. What is the Universe made from? Answer: The same atoms.
4. Is there anything made from any other sort of ‘stuff’ other than atoms? Answer: No, there are 118 different elements that make up everything.

The starting point for all enquiry on consciousness therefore must be the atom; not the human species. Published work proposed that consciousness was a human characteristic. It was something that has evolved in the human species, and perhaps in one or two other living entities that have close genetic links to humanoids. The majority of current research tends to associate consciousness with the ability to recognise self. The Lucy Theory would propose that self awareness is connected to memory, not to consciousness.

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Nothing new has come into being; everything there is always was. The atoms created in the first second contained everything that the Universe is. Through decay and interaction the Universe has evolved. Therefore, I concluded consciousness must have been part of that first second. Perhaps it was consciousness that created the movement to create the bang?

I am going to use the word '*form*' to denote all living entities on the planet that have a cellular structure which includes DNA (deoxyribonucleic acid); the eukaryotic cell.

Physical movement in living *forms* would appear to be connected to electromagnetic pulses known as electricity. What is the difference between electricity and charge?

A description of Charge:

All life is made up of atoms, which in turn are constructed out of protons, neutrons and electrons. Protons have a positive charge, neutrons have a neutral charge, and electrons have a negative charge. When these charges are out of balance an atom becomes either positive or negative charged. When electrons cross from one atom to another. This exchange of electrons creates a 'charge.'

Each atom has a specific number of electrons, protons and neutrons. No matter how many particles an atom has the number of electrons usually needs to be the same as the number of protons. If the numbers are the same the atom is said to be in balance and is stable; a state of neutrality.

Some kinds of atoms have loosely attached electrons. An atom that loses electrons has more protons than electrons and is positively charged. An atom that gains electrons has

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more negative particles and is therefore negatively charged. A 'charged' atom (positive or negative) is called an ion.

Electrons can move from one atom to another. When the electron moves it creates a 'charge'. Many term this electricity, but is this the same as the electricity generated by magnets and coils of copper wire? The Lucy Theory proposes that it is not the same. The Theory proposes that a 'charge' is the movement of an electron within a free atom when another free atom moves into range. Electricity is the movement of atoms to a different state; movement from a positive state to a negative state within a fixed group of atoms. Example, atoms that are integral and part of a bigger structure, like a cell, (*a form*) create an electromagnetic pulse or electricity. Electricity in the *form* is a pulse emanating from a chemical action, which creates another like effect, creating a *flow* of electromagnetic energy to a given point where an action is required. The 'charge' is a one off activity.

The power generated through copper wire and magnets is an electromagnetic pulse.

A description of Electricity within the *form*:

It is accepted by all biologists that the best guess or understanding we have at this moment is that everything *forms* do is controlled and enabled by electrical signals. Chemical interaction is part of the *form* function; however the chemicals are controlled by electrical signals. Electricity is the key to the survival of all life *forms*. Electrical signals allow for almost instantaneous response to chemical control messages. Almost all of our cells are capable of producing electricity. Negativity is the natural state of the human cell. It is the imbalance between potassium and sodium ions inside and outside the cell that sets up the capacity to produce electricity. The cell membranes perform a process called the sodium-potassium gate. At rest your cells have more potassium ions inside than sodium ions; there are more sodium ions outside the cell. Potassium ions are negative so

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the inside of the cell has a negative charge. Sodium ions are positive, so the area immediately outside the cell membrane has a positive charge. At a resting position there is not enough movement to generate electricity. When the body needs to send messages from point 'A' to point 'B', due to a chemical signal, it opens the membrane gate. When opened, sodium and potassium ions move freely into and out of the cell. Negatively charged potassium ions leave the cell attracted to the positivity outside the membrane. The positive sodium charged ions move the other way into the cell, moving towards a negative charge. The result is a switch in the concentrations of the two types of ions. This flip between positive and negative ions generates an electromagnetic pulse.

It is these electromagnetic pulses that tell the organs of the *form* what to do. When scientists talk about the nervous system sending signals to the brain, or synapses firing, or the brain telling your hands to pick up a sandwich; what is actually happening is electrical signals are passing between point 'A' and point 'B' in the body. There is not a wire connecting things together in the body; electrical signals are passed cell to cell until it reaches its destination, utilising the nervous system of the *form*. These signals move chemicals within the *form*, and are triggered by chemical interaction.

Electricity in the *form* is the electromagnetic signal created when cell movement disturbs the sodium and potassium ions, and this reaction creates an electric pulse. The New Assumption: ***The Lucy Theory proposes that the involvement of the cell in generating this pulse is different from the reaction of a pure atom on atom.*** One is 'charge' the other is 'electricity'. Charge is local only affecting electrons and atoms. Consciousness is potential 'charge'. Electricity is triggered by chemical interaction and 'flows' or moves from point 'A' to point 'Z' through other connecting points of *form*. Charge is primary. Electricity, in the *form*, is secondary, and is the chemically involved signal created when ions move in and out of a cell.

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Charge is produced when an atom passes another atom and exchange electrons; no chemical involvement. In the *form* this movement is achieved through fluid passing over cells. (In the human *form* this would be blood) The Lucy Theory proposes that this 'Charge' is consciousness; a state that gives the *form* a separate power, other than electricity. Consciousness is the driver of the *form*. The *form* only has consciousness if enough electricity pulses can be generated to maintain functions within the *form*, because there is a dual purpose to producing electricity, and that is to signal movement to convert food into energy; plus if the *form* is not fed and watered it will not maintain the 'charge' created by the flow of atoms over other atoms and thus consciousness will leave the *form* and be part of the Universe. (There is a question, can atoms on Planet Earth move into the Universe or are they stuck on Planet Earth to be recycled?)

You cannot destroy an atom, only change it. Therefore, this implies that you cannot destroy consciousness only change it. Consciousness is either in *form* or not. Consciousness is a function of an atom when interacting with other atoms. A *form* is any group of atoms that cooperate together to make a cellular entity. Consciousness does not need fuel; it is a fundamental principle of the action of atoms interacting freely with each other. It is the 'charge' created by the movement of electrons, which quantum physics suggest are not particles, but are potential electrons, so consciousness is potential consciousness. It is this potential that gives *form* with consciousness such amazing possibilities. Electricity is measurable energy, which needs outside fuel to construct it; consciousness at this moment cannot be measured and is a fundamental principle of the Universe.

For electricity to be created in the *form*, it not only requires fuel, but it requires signals from the outside world to instruct it to generate. Our signals from the outside world are what we hear, see, smell, taste and touch; they are our senses. The inside of the *form* has

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no idea what is going on in the outside world without the knowledge of the signals from the senses. It is the signals that prepare the brain, which then consults the memory for learned behaviour, which then instructs the cells to react. Consciousness drives the *form*, using the brain to convey response. If the brain is damaged or under the influence of drugs then consciousness will be altered; consciousness is not subjective or objective, it is a state. Consciousness is not social, it has no boundary. The brain's complexity allows consciousness to be a conduit, allowing the *form* to interpret external signals creating a view of the external environment. Consciousness does not grow old; we have the same now as when we were children. Consciousness is a constant like light.

Consciousness is a constant therefore 'charge' is a constant. Consciousness is the on-going, repeating outcome of atoms exchanging potential electrons. There is no power to stop this process or to improve this process; it simply is. Electricity is on demand, and will happen if certain conditions are met, which can be pre-determined; electricity needs to be informed before it can be created. Consciousness is non-computable and cannot be pre-determined. The Lucy Theory: ***Consciousness is the fifth fundamental principle of the Universe.***

An analogy to help understand this relationship of consciousness with electricity would be a driver and a car. The car is the cells which produce electricity when fuel is applied. If the parts of the car could signal to each other through their mechanical and electrical circuits they would signal ready to go. It cannot switch itself on or move; for that it needs the driver, consciousness. The two powers are correlated; for cells to work effectively they need to make electricity for that they need fuel (food), but to make electricity they need consciousness to drive the *form*. It only works if the two sources cooperate. The reason why the body heat of the human *form* is an average of 37 degrees centigrade is due to the electricity generated by the cells activity, which regulate the heat between two extremes. (Below 33 degrees centigrade or above 43 degrees centigrade the human *form*

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would die.) The 'charge' from the atoms in the body does not generate heat, but operates at high temperatures.

There is a difference between heat and temperature. Temperature and heat is not the same thing. Heat is the total amount of kinetic motion in a substance, (the human body say) whereas temperature is the average amount of kinetic motion per atom. To see the difference, consider a red-hot nail and a bathtub full of tepid water. The nail has a much higher temperature than the water, but if I throw the nail into the bathtub, the nail instantly cools down to room temperature, whereas the water is virtually unaffected. This is because the nail has the higher average kinetic energy (higher temperature), but the water contains far more atoms and thus far more total heat energy than the nail. When the nail and water meet, the transfer of heat energy cools the nail by hundreds of degrees, but that same transfer does almost nothing to the water's temperature, because the heat is being spread over too many molecules for any one of them to move much faster. Since temperature measures average motion, and the average motion of the water has barely been affected, the temperature of the water barely changes. When the human *form* works hard it sweats. This extra heat is the product of the 'Electricity Heat' created by the movement of cells and the exchange of ions. There is no heat in Space, but Space is full of atoms. The atoms constantly interrelate and consciousness is created as a matrix throughout the Universe. A moment of consciousness gives off a 'charge' of very high temperature, which has no 'heat' effect on the vastness of the Universe.

The flow of atoms can be the means by which gases and nutrients are transported around the *form*. It is a complex dance that maintains life because movement is required, but that movement has to be generated by a movement; life is the ultimate self correcting entity. All life needs to sustain it is the same amount of energy that it takes to keep its parts moving. If it gets less energy than it needs it will die; more and it will become obese. All

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moving parts will wear out unless replaced or well maintained; this is true of all life, and so the cycle of change. The grouping of atoms to make molecules, to make cells, which then cooperate to create more complex *forms*, does not constitute life; for that you need something to drive the *form*, and that driver is the connection to consciousness; the action of free atoms exchanging potential electrons with other free atoms because they are in close proximity within the *form*.

A new born *form* has to come from a 'parent' and cannot just appear. There is a reason for this, and that is the new born *form* needs the consciousness charge infused from the parent. How the original *form* gained this consciousness charge is another unanswered question, but that happened billions of years ago, and it was that event that started the evolution of life.

The flow of atoms over atoms, allows for the exchange of electrons from each atom, which generates 'charge'. The 'charge' generated is consciousness. The Lucy Theory is that consciousness is a shield that allows one eukaryotic cell or multiple eukaryotic cells to work as a unit. My theory proposes that consciousness is not an evolved process; it is a fundamental law of the Universe. This charge of consciousness at atom level creates movement in the cell; this movement affects chemicals within the cell; the cells within a *form* can then create electricity for action and communication. Without cells, atoms still create charge (consciousness), but that consciousness has no *form*. Without consciousness cells cannot create electricity, movement or function. The creation of electromagnetic pulses in the *form* is not magic, it does not just occur because eukaryotic cells exist. The electromagnet pulse is enabled because of the presence of consciousness.

The brain is an electrochemical organ using electromagnetic energy to function. The electricity coming from the brain can be measured in brainwave activity. There are four

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categories of brainwave activity and all humans experience the same characteristic brainwaves. There are different interpretations of this data.

1. Beta: 12 to 38 cycles per second; this is fully awake, fully aware, concentration, logical thinking, and active conversation. The range of brain cycles within beta would determine intensity of action.
2. Alpha: 8 to 12 cycles per second; relaxation, non-arousal, slight meditation.
3. Theta: 3 to 8 cycles per second; day dreaming, dreaming, creativity, meditation, out of body experiences.
4. Delta: 3 to 1.5 or less cycles per second; deep dreamless sleep.

The accepted scientific work on the brainwaves implies that the speed of 40 times a second consciousness associated with the waking state of a human, would vary in meditation. This is because the brain is affected by meditation, and the brain controls the functions of the body. The Lucy Theory rejects this statement. It does not mean that consciousness slows down due to meditation; consciousness is constant; it is the brain that controls the *form*, within the boundaries of its ability. It is recognised that the waking human brain is possibly conscious forty times per second. This may not be the limit of consciousness; it is only the limit of the human waking brain. When a *form* meditates the brain changes; I would propose expands in consciousness, by letting go of some of the *form* controls. You can test this with anyone, and the results are the same every time. There is much written about meditation improving a person's perceptions and consciousness. Creativity and health implications are often cited as specific consequences. (Professor Kathy Sykes, The Times Online, 14th March 2008: Libby Purves, The Times, 27th May 2003.)

I have meditated for years and have experienced what is called out-of-body phenomena many times; this is another type of changed consciousness. The Lucy Theory proposes

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that consciousness is not a function of the brain or any part of the '*form*'. A complex brain with the use of good external sensing could evolve complexity to provide the '*form*' with a record and replay feature (memory), that would facilitate learning, and therefore give rise to made-up (local to the *form*) experiences, which would then instruct the '*form*', allowing it to create an illusionary world view. This would provide a competitive edge relating to survival. Consciousness does not contribute to subjectivity relating to interpretation of experiences. Subjectivity or labeling experiences is a product of learned behaviour; they are enabled by consciousness, not determined by consciousness. The different 'strengths' of consciousness are determined by the brain within the *form* not by the 'conscious charge', which is always constant for all life.

Summary of Part One:

The Lucy Theory proposes that consciousness is a function of atoms flowing over atoms causing a charge; the level of consciousness in all living things is a correlate to this flow. This flow is a constant throughout the Universe, and is the fifth fundamental principle of the Universe. Consciousness is not part of the brain. This implies the Universe is a matrix of consciousness, and supports the theory postulated in Quantum Physics.

Part Two: What is qualia and have we got free-will?

Introduction:

Experiences are all unique to the experiencer. We personalize every moment giving some moments more relevance or value than other moments. How do we do this?

Candice Pert, (1997) and Bruce Lipton (2005, 2009) are two biologists that have laid the foundation for acceptance that when we attach a value or meaning to a thought the hypothalamus in the brain produces a peptide. This is an amino acid protein, (chemical)

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which floods through the body via the blood stream and seeks out cells; now all eukaryotic cells in the body (cells with a nucleus and DNA) have receptors. The peptide seeks a match with a cell receptor, and if found, the peptide chemical is accepted into the cell. This cell is now influenced by the peptide. This changes the behaviour of the cell.

Our cells are influenced (changed) by the value or meaning we give to our thoughts; these we call emotions. The emotion is a product of our learned behaviour, and it is this learned behaviour emotion, which instructs the hypothalamus to produce a matching peptide.

Let us start at the beginning. When I was born I had no memories that I could associate with to make sense of the world. I was in a trance for the first 6 months or so. I did not recognise or have the ability to use memories inherited through my parents. As I grew, and started to experience by understanding my senses, the signals that coloured my world view, I began attaching meaning or value to my experiences. Many of these were patterns and behaviours from my parents, but some were my own baby interpretations. These attached meanings or values triggered the hypothalamus in my brain to make peptides to match my selected meaning or value. These experiences were filed in my subconscious under the relevant peptide (meaning or value) heading. My subconscious became my memory. Memory is a process that has evolved to protect us. Memory allows us to record an experience with an appropriate meaning or value so that if it occurs again we would not have to go through the whole thinking process working out what to do. This was to stop us being eaten or killed. Learning can only take place if there is a method of recording and replaying. We have evolved a process called memory which allows us to record and replay. This is made possible through the relationship of the senses and the hypothalamus peptide.

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When like experiences or similar experiences occur, my memory triggers my hypothalamus to produce the recorded peptide, and my body reacts the way I taught it to react from past experiences. This is an on-going process, consequently if I record negative meaning about an early experience, and nothing happens to change my meaning, and I keep reinforcing that view, then that memory will become behaviour. The hypothalamus can make different strengths of peptide; almost the equivalent to making different strengths of peptide to many decimal places. So an experience can have a peptide called *fear* attached to it at strength of 1.1234 and another experience with *fear* attached at strength of 10.3456. These recorded memories will reinforce behaviour for similar environmental signals received in the future. My thoughts that trigger the 'fear' may appear to me to be the same thoughts; however the different thoughts could have different strengths of emotion making them unique thoughts. A thought without an emotion (meaning or value) attached does not become a memory. To make something a memory you have to 'hook it' with a label.

Recognition is a memory. Looking in the mirror and recognising self is not connected at all with consciousness, it is a function of memory and a learned behaviour. Without memory it would not be possible to recognise anyone or anything. The Lucy Theory strongly suggests that any *form* that does not possess a memory or has not developed a strong enough memory would not recognise self. It has nothing to do with consciousness.

I teach myself meaning to my experiences, and allocate value denoted in the strength of peptide. I teach myself qualia.

Qualia is not a thing, it is not a function in the '*form*' body, it is not something magic that makes humans different from other creatures; qualia is a learning process that is available in all living things. How can this be evidenced?

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Evidence of learned qualia in humans:

Richard falls in love with Mary. Mary falls in love with Richard. The world view of both people is wonderful. Then Richard has a night out with the boys and has an affair with another woman. He feels guilty? Perhaps he does perhaps he does not. Mary finds out about the affair and confronts Richard. They break-up. Now Mary hates Richard. Richard is sad that he hurt Mary, but he is getting on with life and going out with other woman. The love and hate are qualia felt by two separate people about different things; it has different meaning to the people involved and is changeable. You do not have to think what you think. You think what you think and attach meaning or value to your thoughts because of the past experiences you have taught yourself. Your thoughts are framed within the boundaries of your belief system. Qualia is not a thing, it is an interpretation of an experience coloured by a peptide. It is a learned response to an experience. The sunrise or sunset can be a beautiful experience to some, but can mean danger or abuse to others. The reason why qualia is a personal process is because it is a personal interpretation of an experience reinforced by a personalized peptide mixed into a memory bank of other experiences tagged with peptides. No two '*form*'s can have identical memories there will always be a difference no matter how small. The neurons in the human brain number over 100 billion; each one can connect to between 10,000 and 50,000 other neurons sending and receiving messages from the senses to coordinate the actions of the person. One neuron has no measurable impact on activity or behaviour; put 100 billion together in a small space and let them communicate at super-speed with each other; now you have a complex organism with complex changeable behaviour. Consciousness has no action in qualia; consciousness is an enabler of being.

Evidence of learned qualia in plants:

Most plants will flower during the day, (sunlight) and curl up during hours of darkness. This is behaviour of the plant and has been learned. The plant is demonstrating qualia.

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Just because all plants do this we should not make the leap that this is an automatic plant function. It is learned behaviour. How can we test this? Keep the plant in artificial sunlight and it will continue to bloom; the plant like us will respond to the signals from the senses. Like all living things, we react to our environment in order to survive. We give meaning and value to our experiences and behave accordingly.

Evidence of learned qualia in a frog:

Put a frog into normal temperature water and it will sit there content. Now start warming the water slowly. The frog will normally not move even if you bring the water up to boiling point. Why? The frog does not have an experience, or anything like an experience, that makes him behave other than in the water. The frog has no recorded qualia about heat; therefore it does not do anything. It could be taught!

Summary of Part Two:

Qualia is taught and is part of behaviour, it is not a function within the body, nor is it a function of consciousness. We have not got free will we only have choices based on our learned behaviour, (belief system). You will not do what your behaviour inhibits you to do, so there is no free will, only learned responses within boundaries.

Part Three: Why can we not be consciously aware of what it is like to be someone else?

The reason why this is not possible is simply that the cellular '*form*' (the person, animal, insect, plant, bacteria, cell) can only have a representation of the world from the environmental signals the '*form*' has received. And then even if the '*form*' received the

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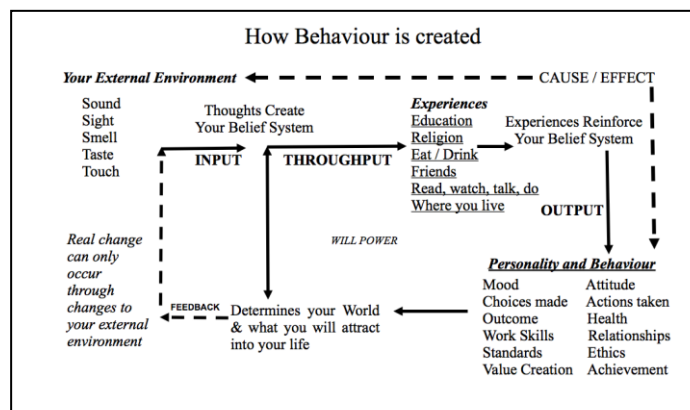
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same environmental signals as others, it could not have the same view as another *'form'*, unless it interpreted all previous environmental signals in the same way, creating the same peptides (emotions). Even identical twins have some differences as it is not possible to make 100 billion neurons fire in the same way in two different *'forms'*.

Consciousness is not a thing in the brain, it is a fundamental principle of the Universe that has enabled certain *'forms'* to evolve record, store, and recall memory, which has enabled learned behavior. We have not got free will ... we have got choices depending upon our learned behaviour patterns. The choices are local to the *form*.

Person "x" will not fly. A client came to me because she was afraid of flying. She had never flown before so she had never had an experience. Her belief system inhibited her from having the experience. Why? The Behavior Diagram 1 will explain.

Behaviour Diagram 1



The external environment of the individual is what they hear, see, smell, taste and touch. These signals create the belief system. These signals received by the brain, inform the belief system through the application of attaching peptides to interpretations of the signals, (interpretations are thoughts). The values or meanings (emotions) attached to the thought is recorded into memory, under the heading of the value or meaning, (emotion). This creates the belief system and becomes behaviour. The belief system will enable what

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is recorded in memory to be the *forms* view of how to behave, determining what experiences they will comfortably have. The experiences of the *form* reinforce the belief system, the product of which is the personality and behaviour of the *form*. This then determines the world view of the *form* and what they will attract into their lives. This completes the circle and the *form* lives life stuck in the belief system that they have created. The 'cause' is the external environment and the 'effect' is the personality and behaviour. Experiences are not the driver for personality and behaviour, they are only a conduit. The driver of the belief system is the senses of the *form*.

When something happens in the world to trigger one or more of the senses of the *form*, the brain communicates with all the cells in the body what is going on. Biologists suggest that our brain can handle external and internal signals at over 400 billion bits per second. The memories stored in the cells, are triggered by the external signals coming into the brain, and if they have a learned response to the external signals, (something that the *form* has experienced before or similar to something experienced before) then the cells will communicate with the brain. The brain will now instruct the hypothalamus to trigger peptides to match the learned behaviour remembered by the cells. The peptides will flood the *form* body, and the *form* will automatically respond to the learned behaviour from the past. We constantly repeat what we have learned from the past. I would suggest that we constantly live in our past memories, constantly reinforcing our behaviour. The reason is clear; not to do so would mean having to think about what to do every moment of the day. Can you imagine existence without memory?

The brain is not the store of memory, the cells are. The brain is the receiver and transmitter of the *form*, and if damaged then this will result in loss of communication to the appropriate structures throughout the *form*. Take the case of a *form* (human person) falling and hitting their head, damaging their brain. The result of the fall is the person can

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no longer move their left arm. This does not mean that the left arm is damaged. It means that the communication between the part of the brain that communicates with the left arm and the arm itself is damaged. The same applies to memory. If the part of the brain associated with communicating with the cells regarding memory (either long term or short term) is damaged then communication with the cells is no longer possible. It is about communication. It should not infer that memory is in the brain. The brain is not a store it is a very powerful transmitter and receiver of signals from external and internal sources. It is a very powerful operating system, it is not the programs.

The way to change the belief system is to change what you hear, see, smell, taste and touch; for these external influences will automatically change the belief system, enabling new experiences or beliefs to be engaged. I have been putting this principle into practice in my Psychotherapy work for over 6 years, collecting data on clients to verify that understanding this process, and knowing how to control it, has significant benefits to helping people stop their negative thinking and consequently allow them to make different choices, changing their lives, (see Table 1 page 3).

Summary of Part Three:

Consciousness enables *forms* to recognise self as separate, but it has not enabled *forms* to morph into other conscious *forms*, as there has not been any survival reason for that to happen. This has allowed *forms* to evolve separately. There is no reason why we should need to be consciously aware of what it is to be like anything else, other than what we are. What purpose would that serve? If there was a competitive edge, evolution would have found it, or perhaps that's for the future?

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Conclusion:

Along with the four accepted principles of the Universe; the strong force that holds the nucleus together, the electromagnetic force, the weak force that allows atoms to decay, the sun to shine, and gravity, we now add Consciousness. Consciousness is the 'charge' that happens every time a free atom flows past another free atom. It is the exchange in electrons; it is the awareness of atoms to recognise other atoms. This awareness is Universal; it started with the big-bang and has continued. The consciousness in one atom is not measurable, nor has it got purpose; however, the consciousness in trillions of atoms, when joined together in a *form*, has the ultimate power to drive the *form*, and that is measurable. Consciousness does not control it enables. Qualia is a local process which is a product of learned environmental signals, interpreted by the experiences of the *form*. There is no function as free will, there are only choices for every *form*, based on their ability to record and recall learned behaviour. It is not possible to completely have the ability to know what it is like to be another *form* because no *form* can have exactly the same experiences, and at the same time control the neuron connections, to record and recall, (memory) in exactly the same way. This is evidenced by the vast array of different choices people make every day. Consciousness is not correlated to qualia or free will; they are products of the *forms* behaviour.

We do need to understand the holographic workings of the brain in relation to how it projects our world internally, and how thoughts can be heard yet they are silent. The brain allows multiple choices, which the experiencer collapses through the memory of recorded behaviour. If an individual *form* could learn how to connect to the matrix of consciousness within the Universe (and this includes the matrix that obviously exists on Planet Earth) then they would have access to knowledge incomprehensible to normal understanding. The author strongly suggests that this is possible through the media of

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meditation, and perhaps chemicals, although the side effects of chemicals could have an adverse affect on the *form*, and not have the social credibility of self induced meditation.

We are entangled with the Universe through the constant charge of consciousness. Our thoughts do affect the outcomes of consciousness action within the *form*; we attract into our lives what we think and do, and that informs the Universal matrix.

Consciousness is the resulting action of free atoms exchanging electrons creating a 'charge'. This supports the theory stated by Quantum Physics that we exist in a conscious Universe.

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