

# **The Cosmic Cycle and Microvita—A New Holistic Paradigm for Science**

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## **Abstract**

This article describes the Cosmic Cycle, from Cosmic Consciousness to Cosmic Mind, to cosmology and life origin, to mind evolution and human beings with developed minds, and back to Cosmic Consciousness. Microvita, emanating from the Cosmic Mind, are creating matter, life, and minds in the universe, and playing a crucial evolutionary role in the Cosmic Cycle. So in this article, we are also portraying these roles of microvita in the cosmological cycle.

## **I. Introduction**

In the past nearly one hundred and twenty years, the theory of relativity has altered our understanding of space and time, while quantum theory has required a new conception of the nature of matter and energy. Consciousness hardly appeared in the new discoveries—matter and energy, space and time were primary. Yet Max Planck, the discoverer of the quantum of electromagnetic energy, viewed consciousness as fundamental, and matter as derived from consciousness. According to him, we cannot get behind consciousness; everything we talk about, everything we regard as existing, postulates consciousness [1].

Paul Davies, editor of *The New Physics* [2], suggested that the role of consciousness in quantum mechanical observations still remains an unresolved issue. He suggested that this frontier—the interface of mind and matter—may turn out to be the most challenging legacy of the New Physics. In a similar vein, Nick Herbert, in a book review “On the End of Physics” in the *New Scientist* [3], pondered whether among the successes of modern physics, there lurks some tiny murkiness that is destined to become the seed of the next scientific revolution, just as the quantum behavior of light turned out to be the seed which overthrew classical physics.

## **II. A New Science Paradigm – The Cosmic Cycle**

There is an increasing concern that the strictly objective, quantitative, and reductionist methodology of the natural sciences is inadequate to investigate the dynamics of mind and consciousness [4, 5]. By contrast, the ancient practices of yoga and meditation evolved as a system to expand the mind into higher states of consciousness and awareness. Their experiential and introspective philosophy and methodology add a new dimension to the extroverted scientific methodologies for investigating and understanding the nature of life, mind, and consciousness. The time for introducing a new paradigm of science—a unified theory of matter, life, and consciousness—may well have arrived.

The Cosmic Cycle has several stages, with microvita playing different roles in these stages, as described below.

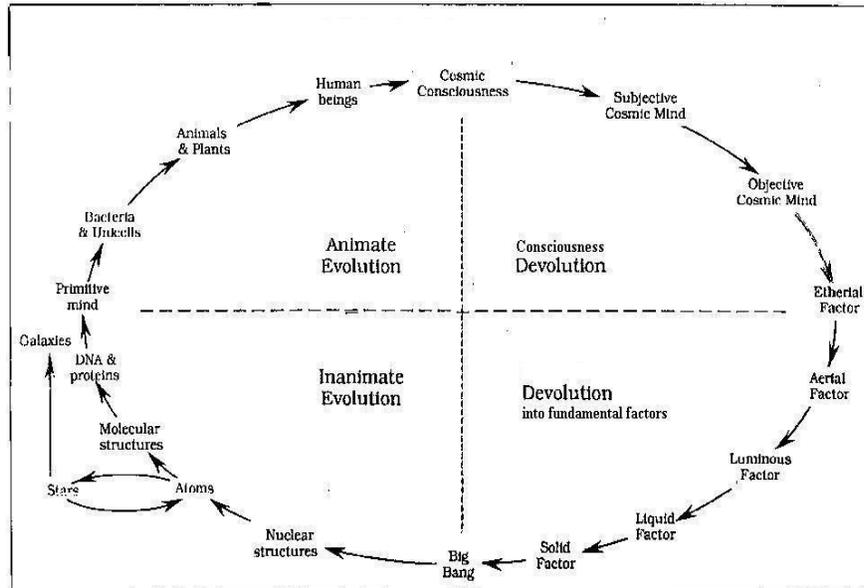
**Stage 1, Cosmic Consciousness:** The new paradigm of scientific understanding of (i) the formation of the universe and life creation, (ii) relationships between body and mind in biological evolution, and (iii) human psychosomatic development is based on foundation of Cosmic Consciousness. First and foremost is the concept of unexpressed Cosmic Consciousness as the

fundamental entity. Cosmic Consciousness consists of the infinite Cognitive Entity or Principle and its infinite Creative Power or Operative Principle. A portion of the infinite unexpressed Cosmic Consciousness (or Absolute Consciousness) expresses its infinite Creative Power and becomes expressed Cosmic Consciousness or the Consciousness of the Cosmic Creation. Starting from Cosmic Consciousness, we will now embark on the trail of the Cosmic Cycle (as illustrated in **Table 1** and **Figure 1**), as explained by Prabhat Ranjan Sarkar in his book *Idea and Ideology* [6].

**Table 1. The Cosmic Cycle**

1. Unexpressed Absolute Consciousness => Cosmic Consciousness	5. Mental evolution through the unfolding of consciousness in organisms
2. Cosmic Mind	6. Complex organisms, plants, and animals
3. Five Fundamental Physical Factors	7. Human beings (highly evolved unit minds)
4. Primitive Unit Minds	8. Unexpressed Absolute Consciousness

**Stage 2. Cosmic Mind formation:** As depicted in Figure 1, Cosmic Consciousness, using its Operative Principle, expresses or devolves into Subjective Cosmic Mind, a portion of which evolves into Objective Cosmic Mind (‘Consciousness Devolution’ in Figure 1). With further expressions of the Operative Principle by Cosmic Consciousness, a portion of the Objective Cosmic Mind further expresses or devolves into the five fundamental physical factors or vibrational levels (etheral, aerial, luminous, liquid, and solid), providing the constituents of the physical universe. The five fundamental factors still remain within the Cosmic Mind.



**Figure 1. The Cosmic cycle**

**Stage 3. Primitive mind and living beings:** The next stage leads up to the formation of the primitive mind ('Inanimate Evolution' in Figure 1). In an earlier stage of the Cosmic Cycle, the Cosmic Mind (referred to as Consciousness) emanates microvita, which are subtle sub-atomic living entities, proposed by P. R. Sarkar [7] in 1986. These microvita form subatomic particles and atoms from the vibratory fundamental physical factor. Later, microvita organize atomic matter into complex organic molecules that form primitive physical structures or bodies. Still later, through the further transformative actions of microvita, a portion of a physical body becomes more subtle, and gets expressed as an individual primitive mind.

These primitive minds become associated and coordinated with the primitive bodies by aerial-factor energies (life energy) organized by microvita. The body-mind structures become living beings. These primordial living beings are the protozoa. Since they are alive and have minds, they experience primitive awareness. There is a reflection or association of Consciousness on each undeveloped protozoic mind, in the form of an individual self or individual consciousness. This individual self is however not clearly expressed or experienced because the reflecting "mental mirror" is thus far undeveloped.

**Stage 4. Organic Evolution into more developed minds:** From this point (the creation of the first primitive minds) onwards, the process of organic evolution begins, leading into the fourth stage ('Animate Evolution' in Figure 1), where protozoic entities evolve through the further action of microvita that bring needed DNA and RNA codes and organizing new genetic material to help them become more evolved plants and animals, eventually leading to highly mentally-developed and conscious human beings.

From primitive organisms to complex organisms, there is an unfolding of Consciousness to express more developed minds. There is psychic dilation or expansion of the minds and concomitant increase in complexity of the nervous and anatomical structures. Increasing psychic dilation of the individual cellular minds, and also of the collective minds of organized metazoic structures composed of many living cells, leads from instinctive development to intellectual development, and eventually to parapsychic and intuitional development.

All this mental development, from the instinctive phase to intellectual and intuitional phases, is induced by physical and mental individual and collective efforts, supported by energization of attracted subtler forms of microvita and guided by the attraction of Consciousness. These more highly developed minds, lead up to human beings having clearer reflections of Consciousness on their minds. Such a clearer reflection of Consciousness on a human mind is experienced as an increasing knowledge or consciousness of one's individual self, along with an increasing desire to know the meaning and purpose of one's individual existence.

**Stage 5. Liberation of the mind:** The psychic dilation of the individual mind eventually culminates in transcending the egoistic narrowness and limitations of the individual mind. By the process of meditation or ideation on the all-pervading Consciousness, the individual's mind can get more developed by the removal of the embedded impressions (or samskaras) from its subconscious mind, and can permanently merge into the Cosmic Mind, which is called liberation. Going further, even the sense of Cosmic Ego of the Cosmic Mind is transcended, and there can be a merger of the individual consciousness back into the original infinite Cosmic Consciousness.

This is termed as salvation. Most simply expressed, the Cosmic Cycle begins and ends with Cosmic Consciousness, as portrayed in Figure 1.

### **III. Further insight into the Cosmological Cycle**

We can state that Prabhat Ranjan Sarkar's Cosmic Cycle format starts with the infinite Absolute Consciousness, which is non-qualified and expressionless but has infinite creative power in potentiality. When this non-qualified Absolute Consciousness partly expresses itself in the state of qualified Consciousness or Cosmic Consciousness, it gives itself attributes by using its creative power, and the Cosmic Mind is created. The more attributes Consciousness gives itself, the more its expressions move from subtler expressions (more mind-like) to cruder expressions (more matter-like). All these expressions or qualifications of Cosmic Consciousness occur within the Cosmic Mind, including the crudest solid physical matter. The flow of creation and expression of attributes from the unexpressed Absolute Consciousness to highly-crudified or attributed consciousness is the devolutional or extroversial phase of the Cosmic Cycle (from One to many).

#### **I. Individual lives and minds get evolved from this highly-crudified consciousness , i.e. physical matter.**

If the physical environment is congenial for the formation of living beings (such as on the surface of a planet), a stable coordinating nucleus is formed around a combination of physical materials, forming a primordial physical body. Physical energies become coordinated within this physical body, and a living being then evolves with an individual mind. This ongoing evolution of living beings to plant and animal life involves more subtle expression of Consciousness to become the individual mind associated with that physical body. It is still all Consciousness, whether expressed as a physical body or an individual mind, i.e. Consciousness expressing different qualities as more evolved physical forms.

#### **2. This formation of individual minds is the beginning stage of the introversial phase (many to One) of the Cosmic Cycle.**

Over time and many lifetimes, primordial living beings evolve into more highly-structured living beings with their inter-coordinated minds and bodies. The individual soul or self of a living being is the reflection or close association of Cosmic Consciousness with the evolving individual mind. The minds of living beings, and their bodies, evolve into greater subtlety. Eventually, human beings with their evolved minds and free will (freedom to make conscious choices) appear on the scene of life. Then as human societies evolve and free will increases, we have more-developed human beings.

#### **3. Human beings become freer to control their continued mental and spiritual evolution.**

As a result of performing spiritual practices like meditation, developed human beings can finally and permanently merge their minds into Cosmic Consciousness, from which they originally evolved. However, at this stage human beings have a choice, to either merge fully with Cosmic Consciousness or continue to live as advanced human beings or in oneness or closeness with Taraka Brahma—the infinitely-loving bridging Entity between expressed and unexpressed Cosmic Consciousness. This completes the Cosmic Cycle for an individual living being. The infinite Cosmic Consciousness, out of its infinite love for its created beings, continues evolving infinite microcosms that continue to move through the Cosmic Cycle, which is grounded in infinite Cosmic love. All living beings, like us, are playing various roles in this great Cosmic Drama.

## References:

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