

# Preface

The phenomenon of consciousness demonstrates mystical features that are experienced by some people. All religions and spiritual schools that exist for thousands of years include the mystical component as a necessary part of their message and make use of mystical features of consciousness in their practice.

Nowadays the interest to these phenomena is widespread. It is natural in this situation that actually becomes the question whether the mystical features of consciousness are compatible with science. It turns out that the compatibility is justified if the specific features of quantum mechanics are taken into account.

These special features of quantum mechanics are known as “quantum reality”, i.e. the different concept of reality accepted in quantum mechanics as compared with classical physics. The most adequate expression of the concept of quantum reality is the so-called “Many-Worlds” interpretation of quantum mechanics proposed by Everett in 1957. According to this version of quantum mechanics, our world is quantum, and its state is adequately presented by the set of many classical worlds (alternative classical realities), that are equally real (coexist) while existing of only one reality is nothing else than illustration of our consciousness.

Just this picture of our (quantum) world as the set of parallel (classical) worlds is the key point. The commonly accepted assumption is that the only real (existing) world is that which is subjectively perceived by our consciousness. All considerations become radically different if, instead of this, one accept is that all possible classical states of our world (all alternative realities) parallelly exist. This concept allows one to understand what is consciousness and to explain why it possesses mystical features.

This book is a review of the author’s research on the conceptual structure of quantum mechanics and its connection with the phenomena of

consciousness and life. The main ideas are expressed in the book in the simple terms such as parallel worlds (presenting the alternative realities), so that the book is targeted at a wide audience. Those chapters of the book that require special knowledge are notified as written for professional physicists. These chapters may be skipped without detriment for understanding the main line of consideration. Moreover, these chapters may also be skipped by physicists in the first reading of the book.

*Michael B. Mensky*

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