

Perspective

The Christian Theology of the Urantia Book, Transpersonal Exo-consciousness & the Unity of Mind

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Abstract

Thought adjusters are described as fragments of the Universal Father's spirit indwelling human minds, guiding individuals spiritually. The Urantia Book emphasizes that true knowledge of God arises from inner communion—divine essence both within and transcending individuals. This spiritual connection is personal, accounting for religious diversity. Although the divine spark is universal, individual interpretation shapes unique religious experiences. The article proposes the single universal consciousness theory as the framework to understand the nature of reality as this aligns with the ideas of Schrödinger, Bohm, and Penrose that proposes that all individual minds are expressions of one underlying quantum field. Exo-consciousness refers to direct contact with non-human intelligence in non-ordinary, non-local and transpersonal experiences that connect individuals to a universal unified field of consciousness. These experiences can be cultivated via Altered States of Consciousness (ASC)—for example, through holotropic breathwork—allowing individuals to transcend personal identity and reconnect with the thought adjuster within. Within Transpersonal Psychology, such practices may function as existential therapies, effectively addressing depression, anxiety, spiritual crises, and fostering self-awareness and spiritual intelligence.

Keywords: Quantum consciousness, quantum physics, Scientific GOD, alien encounters, Urantia book.

1. Introduction

The Urantia book aims to unite religion, science and philosophy and also supports the idea of a unified quantum field as it explains the nature of reality by using quantum principles (Valverde 2018). These models that propose a unified field seem to be consistent with the human Quantum Consciousness model proposed recently by many scholars (Valverde 2019, Hameroff 1998, Penrose, R., & Hameroff, S. 2011). The Urantia book introduces the thought adjuster that is described as a fragment of the Universal Father's spirit that indwells the minds of human beings. The thought adjuster is also referred in Christianity by the Gospel of Thomas as the God within (Valverde 2020).

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Exo-consciousness gives people power by awaking them and make them aware of their thought adjuster or God within by recognizing the "cosmic multi-dimension" of every human being. Exo-consciousness allows intelligent non-human entities to share a conscious reality with humans. Contact with non-human intelligence is non-local, transcendental, transpersonal, and exposes our senses to the universal mind. The experience makes you aware of this connection with every single consciousness being in the universe and through experience, makes you aware of the Christian belief of being children of universal father.

Transpersonal exo-consciousness experiences can be included in Transpersonal Psychology as a potential Existential Therapy that can help individuals with mental pathologies such as depression, spiritual crises, and anxiety by making them aware of their true essence by direct experiences. The article aims at connecting Christianity and Exo-consciousness as a mechanism to help individuals to understand their true nature.

2. Urantia book and consciousness unity with the universal mind

The Urantia Book (1996) is a spiritual and philosophical book that originated in Chicago sometime between 1924 and 1955. The authors introduce the word "Urantia" as the name of the planet Earth and state that their intent is to "present enlarged concepts and advanced truth". The book aims to unite religion, science and philosophy, and its enormous amount of material about science is unique among literature. Among other topics, the book discusses the origin and meaning of life, humankind's place in the universe, the relationship between God and people, and the life of Jesus.

A thought adjuster, according to the Urantia Book, is described as a fragment of the Universal Father's spirit that indwells the minds of human beings. It is seen as a personalized aspect of the divine that works to guide, enlighten, and spiritually enhance the individual throughout their life.

According to the Urantia book, universal consciousness makes himself fully accessible to each individual mortal through the ministry of mind. This means that a fragment, or a "spark," of God resides within the human mind, enabling God to intimately experience human's life, both the positive and negative aspects. As a result, humans are granted the opportunity to directly encounter the true nature of God - his benevolence, his affection, and his bliss - within the depths of our own beings. Humans exist within the divine essence, and the divine essence, in a literal sense, is within humans.

The Urantia book papers below explore and explain Thought Adjusters:

Paper 107 - The Origin and Nature of Thought Adjusters

Paper 108 - Mission and Ministry of Thought Adjusters

Paper 109 - Relation of Thought Adjusters to Universe Creatures

Paper 110 - Relation of Adjusters to Individual Mortals

Paper 111 - The Adjuster and the Soul

The urantia Book explains that a fragment of the living God lives in man. This is explained in the Urantia book fragment below:

“The indwelling Thought Adjusters are a part of the eternal Deity of the Paradise Father. Man does not have to go farther than his own inner experience of the soul’s contemplation of this spiritual–reality presence to find God and attempt communion with him.” (62.1) 5:0.1

In Valverde (2020), Kar vidico was identified as the cosmic energy used in the creation of the human spirit that gives self awareness to consciousness. The Kar vidico concept was revealed to humans by Exo-consciousness experiences. This is compatible with Jesus' teaching in the Gospel of Thomas: "If your leaders tell you, 'Look, the (Father's) kingdom is in the sky,' the birds of the sky will precede you." If they say, 'It is in the sea,' the fish will come before you. Rather, the kingdom of the Father exists both within and outside of you. The Kar Vidico is the cosmic energy known as "the God within". The unity with the universal father is also emphasized in the fragment of the urantia book below:

‘We know we dwell in him because he lives in us; he has given us his spirit. This gift from the Paradise Father is man’s inseparable companion.’ ‘He is the ever–present and all–pervading God.’ ‘The spirit of the everlasting Father is concealed in the mind of every mortal child.’ ‘Man goes forth searching for a friend while that very friend lives within his own heart.’ ‘The true God is not afar off; he is a part of us; his spirit speaks from within us.’ The Father lives in the child. God is always with us. He is the guiding spirit of eternal destiny.” (45.1) 3:1.4

The unification of the human consciousness with universal consciousness is explained in more detail in the Urantia fragments below:

“Truly of the human race has it been said, ‘You are of God’ because ‘he who dwells in love dwells in God, and God in him.’ Even in wrongdoing you torment, the indwelling gift of God, for the Thought Adjuster must needs go through the consequences of evil thinking with the human mind of its incarceration.” (45.1) 3:1.5

“Thought Adjusters appear to come and go quite independent of any and all other spiritual presences; they seem to function in accordance with universe laws quite apart from those which govern and control the performances of all other spirit influences. But regardless of such apparent independence, long–range observation unquestionably discloses that they function in the human mind in perfect synchrony and co–ordination with all other spirit ministries, including adjutant mind–spirits, Holy Spirit, Spirit of Truth, and other influences.” (1190.4) 108:4.3

“The unity of religious experience among a social or racial group derives from the identical nature of the God fragment indwelling the individual. It is this divine in man that gives origin to his unselfish interest in the welfare of other men. But since personality is unique — no two mortals being alike — it inevitably follows that no two human beings can similarly interpret the leadings and urges of the spirit of divinity which lives within their minds. A group of mortals can experience spiritual unity, but they can never attain philosophic uniformity. And this diversity of

the interpretation of religious thought and experience is shown by the fact that twentieth-century theologians and philosophers have formulated upward of five hundred different definitions of religion. In reality, every human being defines religion in the terms of his own experiential interpretation of the divine impulses emanating from the God spirit that indwells him, and therefore must such an interpretation be unique and wholly different from the religious philosophy of all other human beings.” (1129.8) 103:1.1

The Urantia book in the fragment above explains that the universal mind learns from human experience. One of the main purposes of this unification is for the universal consciousness to learn from all the consciousness experiences to perfect the universe. In Valverde (2019), the evolution of the universe is explained as a product of the universal father living in our consciousness.

This unity does not mean that all the humans will accept or interpret the universal father in the same way. This unification interpretation is a personal experience, and it is different for every human. This explains the diversity of religions on earth. The unification with the God Adjuster makes real our cosmic insight.

3. The oneness theory of the mind

Numerous respected philosophers agree and welcome the idea of a single universal consciousness that serves as the connecting force for all individual consciousnesses. By way of analogy, this circumstance could be compared to the effect witnessed when the sun's rays are viewed via multiple windows in the same building. Everyone may sense light emitted by the sun, yet all observers are effectively seeing the same light. In our scenario, we observe a single collective consciousness from several perspectives, namely our individual minds (Adamski 2013).

We typically believe that we are independent from one another, although we are connected by the quantum field. Valverde (2016) presents a quantum consciousness model that explains how humans exist in a collective consciousness that connects all the universe's consciousnesses to the supreme consciousness. Schrödinger backed the quantum consciousness hypothesis, hypothesizing that the quantum mechanical wave function acts as a field of consciousness (Schrödinger 1967).

According to Bruza and Ramm (2019), there exists a collective consciousness that interconnects all individuals and everything in the universe. This collective consciousness can be understood as a single universal mind. According to David Bohm (1990), matter and thought arise from the same multidimensional reality. David Bohm is credited with pioneering the notion of holomovement, which holds that the universe is a continuous, interrelated, and unified activity. According to this theory, everything in the universe is linked together by the implicate order, and the concept of

holomovement explains the cosmos's unity.

According to David Bohm (2010), the cosmos may be understood as a continuous interaction between matter and mind. This implies that everything in the universe is interconnected and forms a holistic unit, which Bohm refers to as "holomovement." Additionally, Bohm suggests that we can communicate with this universal mind.

Thus, the concept of a unified consciousness resulting from the connectivity of matter and mind has been offered, and it serves as the basis for theories proposed by renowned thinkers like as Erwin Schrödinger and David Bohm. Eastern and Western mystics agree that mystical ecstasy is characterized by a sense of connectedness to the One, or God, as the universe's primary power.

4. Altered States of Consciousness: Transpersonal Exo-Consciousness for the Connection with the Unity of Mind

According to Ludwig (1966), Altered States of Consciousness (ASC) refer to mental states that can be subjectively recognized by an individual or an objective observer as a significant deviation from the usual subjective experience or psychological functioning. These states can be induced by physiological, psychological, or pharmacological agents. ASC, or altered states of consciousness, refer to any mental states induced by physiological, psychological, or pharmacological factors.

An example of inducing altered states of consciousness (ASC) without the use of pharmaceuticals is through Grof's (1994) holotropic therapy. To attain this outcome, it is necessary to partake in hyperventilation, as previously said. Grof employed a technique involving music listening and vocal guidance from the session leader to induce pulmonary hyperventilation. The participant must maintain a reclined position with their eyes shut throughout the entire duration of the transition in consciousness. This approach leads to a reduction in the levels of carbon dioxide in the bloodstream, which needs to be maintained at an optimal level, avoiding both excessive and insufficient amounts. The sudden decrease in carbon dioxide levels leads to a neurological emergency and affects the brain in a similar way to a drug. The individual undergoes a crisis as a direct consequence of this, which subsequently results in ASC. Subsequently, the psychologist can examine the individual's awareness in this just obtained condition. Stanislav Grof (1994) utilizes the capacity for experiential healing inherent in this novel state of consciousness, which involves an amplification or elongation of awareness beyond the traditional boundaries and constraints of time and space.

Regardless of the criteria used, consciousness encompasses more than just the brain and its internal functions. Furthermore, the engagement of each person with the collective human information network also played a role in shaping this outcome. Human awareness cannot develop or persist in

isolation, devoid of society or a constant interchange of information with the surrounding environment. To perform a precise examination into consciousness, it is necessary to consider the functioning of the entire external world, which goes beyond the individual self, as consciousness is a systemic phenomenon. Modern theories of consciousness strive to acknowledge this fact, and several exceptional scholars have made significant contributions to this area of study (Valverde 2016).

Laframboise (2018) proposes connection with the god within or thought adjuster (Urantia 1996) as a therapeutical approach to help the individual with psychological pathologies such as depression, obsessions, addictions among others. The universal mind resides within the human mind in the form of the thought adjuster and the individual is capable of reconnecting with this thought adjuster with the development of intuition and spiritual intelligence. Individuals need to reconnect to their true essence to solve the origin of their mental illnesses. Valverde (2015) proposes ASC as the main mechanism to reconnect with the thought adjuster within human consciousness.

Transpersonal experiences, which include an expansion of consciousness beyond the limits of time and space, are included under the umbrella term of ASC. We can find possible answers to who we truly are and why we are here by entering into ASC and reconnecting with the thought adjuster. Exoconsciousness is the awareness of being a single mind in the cosmic reality and makes us aware that we are part of the universal consciousness by sharing the mind of God through the thought adjuster and that everything we see and experience, is part of a single consciousness. Transpersonal psychology includes transpersonal experiences through ASC. Valverde (2022) proposes the personal experimentation of transpersonal experiences to understand the unity of mind. Transpersonal exo-consciousness can be a potential existential therapy that can help individuals to solve existential problems and spiritual crises that can manifest in anxiety and depression. The reconnection with our true essence is a potential therapeutical mechanism that can help the individual to find his or her true nature and purpose.

5. Conclusions

Experiences of transpersonal exo-consciousness—contact with non-human intelligence—can bridge spiritual and psychological growth. The *Urantia Book's* teachings on Thought Adjusters (divine “sparks” within humans) can be integrated within the context of quantum consciousness and transpersonal psychology.

The paper presents a cohesive model integrating Christian mysticism (Urantia theology), quantum theories of consciousness, and psychotherapeutic methods to support spiritual and mental healing.

The paper also suggests that exo-consciousness practices could be validated and integrated into transpersonal/existential therapy for mental health, offering a path towards holistic well-being.

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