

Brief Tour of Higher Consciousness

Itzhak Bentov | Summary | The Ultimate Realisation

Itzhak Bentov's book, *A Brief Tour of Higher Consciousness*, is a cosmic exploration of the mechanics of creation and the evolution of consciousness. The book, written as a guided tour through the universe, explores the nature of the Creator, the different realms of consciousness, and the ultimate journey of self-realization. Using a combination of engineering principles, personal experiences, and mystical insights, Bentov presents a unique perspective on reality, suggesting that consciousness is the fundamental force of the universe and that we are all part of a cosmic hologram. His work blends Eastern philosophies with a modern, scientific lens, offering a blend of mystical ideas and scientific metaphors to understand the vastness of the universe and our place within it.

Central Themes

1. **The Holographic Universe:** The universe is a hologram, an interference pattern containing information about all its parts. This interconnectivity implies that access to universal knowledge is possible through heightened awareness.
2. "The universe is a hologram or interference pattern in which all parts are interconnected, containing information about each other and thus about the entire universe...Each individual human consciousness is part of that hologram; therefore, by projecting one's consciousness into the Universal Mind in a heightened state of awareness, one can obtain knowledge about the whole universe."
3. **Dual Nature of Consciousness:** Consciousness exists in two forms: manifest (vibratory, forming matter) and unmanifest (potential, containing the blueprint for matter).
4. "In short, consciousness comes in two forms: vibratory and therefore manifest, or what we call matter; and nonvibratory and therefore unmanifest, but containing All-there-is in a potential state, serving as a blueprint for matter. They are two different aspects of the Absolute or pure consciousness."

5. **Levels of Consciousness and Reality:** A hierarchy of consciousness exists, mirroring a hierarchy of increasingly rarefied realities, from our physical level to the Absolute.
6. "Similarly, as consciousness unfolds, revealing to itself the different realities it contains, we find these realities also to be a hierarchy of higher harmonics of our physical reality."
7. **The Universe as a Torus:** The universe is a torus, a donut-shaped structure, with a white hole and a black hole at its centre. This model challenges the traditional Big Bang theory, suggesting a continuous creation and destruction process.
8. "One could call it a modest continuous bang universe, as compared with the Big Bang universe of a one-time explosion, spreading evenly in all directions."
9. **Evolution of Consciousness:** The universe is a machine for the distillation of consciousness. Individual consciousnesses evolve through experience and learning, taking on greater responsibility and complexity.
10. "The universe is a machine for the distillation of consciousness...The whole system is designed so that the more a consciousness learns, the more responsibility it gets, and the more troubles go with it because it has more to control."

Key Ideas and Entities

Devas: Devas are the rudimentary consciousness of forms (planets, trees, even a bottle of ginger ale), and they manage their respective domains.

Creators: Creators are higher consciousnesses responsible for creating and managing universes. They exist in unmanifest, manifest, and (occasionally) human-like forms.

Nirvana: A state of blissful detachment, considered a blind alley in evolution as it focuses solely on individual bliss.

The Absolute: The ultimate reality, the void, pure consciousness in its unmanifest state. It is the source and destination of all creation and the dwelling place of the Supreme SELF.

Conclusion

Bentov's work invites us to consider a reality far grander than the one perceived by our senses. By understanding the holographic nature of the universe and the interplay of consciousness and matter, we can begin to grasp our interconnectedness with all creation and our potential for personal evolution. His work, while unconventional, offers a compelling and thought-provoking perspective on the nature of existence. Bentov's cosmology, rooted in his personal mystical experiences and scientific background, and offers an unique and expansive view of reality, consciousness, and the structure of the universe.

Glossary of Key Terms

Absolute: The void, pure consciousness, the source of all creation.

Aleph: The first sound of creation, representing the totality of existence, encompassing all the Creators and universes.

Cosmos: A spherical structure containing 49 universes, each with its own Creator and laws of nature.

Creator: A highly evolved being responsible for creating and governing a universe, existing in manifest and unmanifest forms.

Deva: The rudimentary consciousness of any structure, such as a planet, organ, or atom, responsible for its basic functions.

Fine Structure Constant: A fundamental physical constant (approximately $1/137$) that determines the strength of electromagnetic interactions and, by extension, the size of atoms and structures in the universe.

Hologram: A three-dimensional image created by the interference pattern of light waves, representing the interconnected and distributed nature of information in the universe.

Manifest Creation: The totality of all that has been manifested, encompassing all cosmoses, super-cosmoses, and beings, existing as a luminous sphere within the void.

Nirvana: A state of blissful consciousness characterized by detachment from the material world and a focus on personal enlightenment.

Rudimentary Consciousness: The consciousness governing basic bodily functions and the operation of individual organs, existing without self-awareness.

Soul: The higher consciousness inhabiting the human body, responsible for self-awareness, thought, and the interpretation of sensory experiences.

Subjective Time: Personal experience of time, potentially unbounded by the linear progression of objective time, allowing for simultaneous experience of events.

Super-cosmos: A sphere containing numerous cosmoses, represented by a consciousness appearing as a lily flower.

Universal Mind: The holographic interference pattern of all consciousnesses in the universe, containing all information and knowledge.

Void: The state of pure consciousness, the Absolute, from which all creation arises.