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Titolo	You Are the Universe : Discovering Your Cosmic Self and Why It Matters
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Altri autori (Persone)	KafatosMenas C
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Nota di contenuto	Preface: You and the universe are one ; Overview: The dawn of a human universe -- Part One: The ultimate mysteries. What came before the Big Bang? ; Why does the universe fit together so perfectly? ; Where did time come from? ; What is the universe made of? ; Is there design in the universe? ; Is the quantum world linked to everyday life? ; Do we live in a conscious universe? ; How did life first begin? ; Does the brain create the mind? -- Part Two: Embracing your cosmic self. The power of personal reality ; Where you really came from ; Home free -- Appendix 1: Getting comfortable with qualia ; Appendix 2: How cosmic consciousness behaves.
Sommario/riassunto	When you gaze out at the night sky with its awe-inspiring display of stars and galaxies, do you ever ask yourself if it could be possible that you are actually looking into a mirror? What if we inhabit a universe that perfectly fits our needs here on Earth -- a truly human universe? That's the bold thesis author Deepak Chopra and physicist Menas Kafatos set out to prove: quite literally, "You are the universe." The startling truth is that the everyday world of physical objects "out there" disguises a hidden dimension. By turning our investigation "in here" to the world of consciousness, the real reality emerges. You Are the Universe guides the reader into a realm in which each of us has the power to transform our personal existence, while at the same time fashioning a new story about how time, space, matter, and energy came into existence.

Looking to overturn the traditional model of scientific reality, Chopra and Kafatos hold that each of us is a cocreator of reality and we can uncover the hidden dimensions where consciousness is a field of infinite possibilities. This seemingly impossible proposition follows from the cutting-edge modern thinking of the quantum universe and the great mysteries that must be unriddled before human beings actually know who they are. These include but are not limited to questions such as What came before the big bang? Why does the universe fit together so perfectly? Where did time come from? And do we live in a conscious universe? These mysteries are part and parcel of everyone's life. "All of us live in a participatory universe," the authors write. "Once you decide that you want to participate fully with mind, body, and soul, the paradigm shift becomes personal. The reality you inhabit will be yours to either embrace or change."
