

Selfology

Knowing Thyself - a scientific enquiry



Dr. Shibesh Kumar Jas Pacif



SELFOLOGY

Knowing Thyself – a scientific enquiry

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Author

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An Introduction

In a world driven by progress and exploration, inundated with information and distractions, one realm remains vastly uncharted—the realm of the Self. The study of self has intrigued philosophers, psychologists, and thinkers for centuries, yet a comprehensive scientific exploration has eluded us. Welcome to this intriguing area of Self-Exploration and Self-Discovery. This journey is at the heart of Selfology, a groundbreaking scientific exploration of the Self that aims to illuminate the intricate tapestry of our existence offering a comprehensive understanding of the Self from the classical realm to the quantum and cosmic realm, from the biological to the psychological, and also from the tangible to the spiritual dimensions. Selfology is a multidisciplinary and holistic approach to understanding the intricate and fascinating nature of the Self. Whether you are a curious student, a seeker of Self-Knowledge or an intellectual in search of a deeper understanding, this book aims to be your trusted guide.

Preface

In the vast landscape of human knowledge, there exists a thread woven through time, a thread that binds our existence together, a thread that has intrigued philosophers, scientists, and seekers for centuries. That thread is the study of the Self - the exploration of our own identity in this existence, the pursuit of understanding who we are and why we are. This quest is not limited to a single domain; it transcends the boundaries of traditional disciplines and branches into an interdisciplinary and all-encompassing field of study that we have come to introduce as “Selfology.”

“**Selfology**”: Knowing Thyself - a scientific enquiry takes a profound journey to unravel the enigmatic complexities of the Self, exploring it from the core of our beings to the vast cosmos that surrounds us. In a world where the distractions of everyday life often drown the call of introspection, this book invites all to pause, reflect, and question. What does it mean to be human? What is the essence of the Self that we often take for granted in the hustle and bustle of modern existence?

Chapter 1: The Essence of Selfology introduces you to the very heart of our enquiry. We define Selfology and question why the study of Self is not just an intellectual endeavour but a profound and practical pursuit. We lay the groundwork for the interdisciplinary nature of Selfology, showing how it seamlessly integrates various fields of study.

Chapter 2: The Self: Beyond the Notions of Body-Mind-Soul challenges conventional notions of identity. We ask whether human life is limited to mere existence, encompassing the mundane routine of eating, drinking, sleeping, and seeking entertainment. By exploring the Self through artistic, commercial, scientific, and spiritual angles, we go beyond the ordinary to seek answers to the profound question, “Who am I?”

Chapter 3: The Traditional Views of the Self takes us through the common answers to “Who are you?” It examines the impact of belief systems and the ever-present influence of science and technology on Self-knowledge. It encourages us to think beyond the confines of traditional knowledge and learned beliefs.

Chapter 4: The Biological Self delves deep into the marvel of the human body, exploring the role of genetics and the interplay between nature and nurture. We discover the astonishing link between gut bacteria and our thoughts and emotions, and how our bodies and selves evolve over time.

Chapter 5: The Physical Self takes us from classical to quantum, unravelling the Self's understanding at both scales. We explore the Self as energy and investigate how quantum processes may influence life. We question the role of consciousness in shaping our reality and examine the potential of quantum phenomena in our awareness.

Chapter 6: The Cosmic Self invites us to ponder the connection between the vast cosmos and our individual selves. From stardust to Self, we trace the cosmic origins of the elements in our bodies, contemplating the philosophical implications of our place in the universe.

Chapter 7: The Psychological Self ventures into the labyrinth of the mind, senses, and emotions, revealing the intricate relationship between our physical bodies and Self-awareness. We explore the terrain of thoughts, emotions, and consciousness, and delve into the conscious and unconscious aspects of Self.

Chapter 8: The Spiritual Self transcends the boundaries of cultural and religious perspectives to explore the realm beyond the physical, biological, and psychological Self. We contemplate the quest for meaning, purpose, and transcendence and how mindfulness and meditation can deepen Self-awareness.

Chapter 9: The Practical Application of Selfology takes the theoretical knowledge of Self and brings it into our daily lives. It offers techniques for Self-reflection and Self-discovery, applying Selfology for personal growth and Self-improvement. This chapter highlights the ethical dimension of Self-understanding and its potential to create a more compassionate world.

Chapter 10: The Future of Selfology peers into the horizon of this evolving field, where it intersects with emerging sciences and raises profound ethical and philosophical questions. Could Selfology become an alternative medical therapy? Can it serve as a universal language bridging science, philosophy, and spirituality? The potential for personal and global transformation through Self-knowledge is also explored.

Chapter 11: Charting Your Selfological Journey empowers you to embark on your personal quest of Self-discovery, providing tools and methodologies for Self-exploration. It encourages you to embrace the uncertainty that comes with the evolving nature of Self.

Concluding this exploration, you will find supplementary resources to support your journey in Selfology. These include suggested readings for deeper exploration and materials to assist you in Self-discovery and personal growth.

“Selfology”: Knowing Thyself - a scientific enquiry” invites you to take a transformative journey into the core of your being and the cosmos that surrounds you. As you turn the pages, may you find not just answers, but a deeper understanding of the questions that define us as human beings.

Acknowledgements

I would like to express my gratitude to all the researchers, thinkers, and individuals who have contributed to the field of Self-Knowledge. This book would not have been possible without their collective wisdom and insights. Writing a book on Selfology is a noble endeavour, and it is essential to approach it with a combination of scientific rigor and accessible language to reach a broad audience.

I am deeply thankful to my family for bearing with me over the past decades as I embarked on my quest for self-discovery. I roamed across India, visiting monasteries, meditation retreats, exploring forests, immersing myself in simple saintly life, connecting with nature, poring over books during sleepless nights, and engaging in deep thinking and meditation. I aspire to write a book on Selfology, and their unwavering support, patience and understanding throughout this journey have been invaluable.

I am grateful to my friends and colleagues for providing valuable insights, engaging in discussions, and attentively listening to my thoughts and experiences over the past decades, which greatly enriched the content of this book. My thanks extend to the dedicated team at Iterative International Publications, who worked tirelessly to bring this book to life, contributing to its editing, design, and production. I am also appreciative of the reviewers who offered constructive feedback, significantly contributing to the refinement of the manuscript.

Lastly, I express my appreciation to all those who have been a part of this project in various capacities, both seen and unseen. Their collective efforts have played a vital role in the completion of this book.

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With deep appreciation,

[Dr. Shibesh Kumar Jas Pacif]

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ABOUT THE AUTHOR



Dr. Shibesh Kumar Jas Pacif is a distinguished theoretical cosmology researcher, an erudite professor of mathematics, a devoted scientist, an amateur astronomer, an avid science popularizer, and a benevolent philanthropist with an unwavering zeal for delving into the profound mysteries of existence. His distinguished career is marked by an extensive repertoire of accomplishments, forged through decades of unwavering commitment to the exploration of the cosmos and a profound dedication to the pedagogical intricacies of mathematics. His commitment to popularizing science knows no boundaries, as he strives to bring the wonders of the Universe to people of all ages. His unwavering dedication to nurturing scientific temper within society has left an indelible mark on the world of academia. Throughout his distinguished career, Prof. Shibesh has not only delved into the mysteries of the cosmos but has also jumped into the realm of consciousness studies. His foray into various disciplines and exploration of different dimensions led to the inception of Selfology, a multidisciplinary field devoted to the study of Self. His unwavering commitment to making this intricate subject accessible to all culminated in the establishment of the “Pacif Institute of Cosmology and Selfology (PICS),” an institution committed to cosmology research and teaching, science popularization and science communication, astronomy education, and Selfology research and education, offering open access to all for the exploration of both the Universe and the Self. In the pages of “SELFOLOGY: Knowing Thyself – a scientific enquiry,” his deep insights and unwavering commitment to both science and Self-Discovery shine through. His ability to blend the rigors of scientific enquiry with a profound understanding of the human condition makes him a true luminary in the field. It is through his passion, dedication, and expertise that the journey of Selfology has become an enlightening and transformative experience for readers of all ages and all backgrounds.

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