

What is the Universe made of? What is the biological basis of consciousness?

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LA VANGUARDIA

Interview by La Vanguardia to

José Enrique Campillo

physician, researcher, professor emeritus of Physiology.



"Everything you are seeing right now is false"

I am 73 years old. I was born in Cáceres and live in Badajoz, where I have been a Professor of Medicine and continue my research. I am married, have two children and five grandchildren. We have to make a great effort to increase our capacity to understand each other. I believe that the substantial part of us is going somewhere.

IMA SANCHÍS

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— 20 watts

According to Science magazine, in the ranking of the 125 most important questions for humanity that science has not yet answered, number one is: **what is the universe made of**, and number two: **what is the biological basis of consciousness?** This physiologist has immersed himself in studies and research and explains what is known in his book *La consciencia humana (Human consciousness)* published by Arpa Editores. "Consciousness and mind are two different things. Consciousness does not conform to the known laws of nature, to the domain of classical Newtonian physics. Consciousness tells us that we exist, and a very curious thing: it makes us believe in things we do not see, such as gods and spirits. We do not even know where it is located, but studies carried out by Parnia show that after death a mysterious source of energy of about 20 watts still remains inside the human brain."

What is consciousness?

The faculty that allows us to function in all dimensions of space and time. With thought we can go to the future, to the past or imagine that we are on Mars or even believe in things that we do not see.

Is imagination consciousness?

It is a fundamental part of it. Consciousness has feelings, thoughts, imagination and intuitions, everything else is mind, intelligence, reasoning.

So consciousness is subjective.

Yes, intimate and subjective, and intellectual mental activity is objective.

What is the biological basis of consciousness?

We do not know anything, in fact neurologists speak of a person being conscious or not conscious, i.e.: *on-off*.

What else does the science say?

While the brain works with electromagnetic mechanisms, our consciousness works with quantum mechanisms, and there is a lot of research on this.

Any remarkable discoveries?

According to Roger Penrose, mathematician and Nobel laureate (2020), and psychologist Stuart Hameroff, microtubules, the smallest units of the cytoskeleton (responsible for the shape of the cell and its movement), act as channels for the transfer of quantum information responsible for consciousness.

Where does consciousness reside?

There are several theories, one says that consciousness does not reside exclusively in the brain but within the body; another holds that part of it is based in the heart.

In the heart?

The heart is an organ that has thousands of neurons and many connections. Several studies show that many people after heart transplantation began to have tastes they did not have before, to think and feel things they did not feel before.

Aren't they urban legends?

A cardiologist who investigated it in depth realized that most of the new memories and sensations that the transplant recipients had corresponded to those felt in life by the heart donors.

That's shocking.

Many scientists argue that part of the consciousness could be outside the organism.

A universal consciousness?

A team at Princeton University handed out 80 random number generating devices (ones and zeros) to people around the world. The consciousness of a single person thinking intensely was able to modify all of the individual devices.

¿...?

They also investigated it in churches where people prayed and saw that the activity of the collective consciousness modified the random sequence. There are studies that show that our mind can act at a distance.

Is consciousness individual and collective?

Atoms only die in nuclear explosions; without them they are immortal. And all the atoms that form our body are second-hand, they come from some star that exploded in its day. Therefore, we are all connected.

You say that if a tree falls and no one is there to hear it, it doesn't sound.

Berkeley, an 18th century Irish bishop, said it. When a tree falls, the only thing that is produced is a vibration of the air molecules around it, which when it hits the membrane inside your ear makes it vibrate, and that vibration is converted into sound by your brain. If when the tree falls there is no one near it, there is no noise.

That is odd.

Likewise, everything you are seeing right now is false. It does not exist at all in the way you are seeing it.

Does consciousness invent the world?

Yes. What we see, feel, smell and hear does not really exist as we see, feel, smell and hear it.

What I see is not what is there?

The only thing that things emit are photons, energetic particles. When your retina receives these electrical signals it transforms them into images, therefore one of the functions of consciousness is to interpret the world for us.

Einstein already said so.

"The moon doesn't shine when no one is looking at it." If my system broke down and I saw people as they really are, as a source of photons and particles, as a jumble of moving atoms, I would run away in a panic.

It is amazing.

And there is still another thing... Atoms are 99% empty, so the things we touch and perceive as hard are not.

Have you reached any conclusions?

That quite possibly our consciousness survives in some kind of format. I have the smartphone hypothesis of consciousness. All the information is somewhere where you can download it. There are quantum physicists who talk about quantum immortality.