

# High Consciousness! Cosmic Man and Cosmic Organs

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**Abbreviations:** BGM: Brain-Gut-Microbiome; NES: Night Eating Syndrome; CCK: Cholecystokinin; GLP: Glucagon-Like Peptide; PYY: Peptide YY; PhyB: Phytochrome B; UV-A: Ultraviolet-A; HELLP: Hemolysis, Elevated Liver Enzymes, and Low Platelet

## Abstract

Human beings have a multifaceted quantum structure. The factors that constitute and develop human beings leads to a multi-dimensional outcome. Accordingly, each and every action of a person results in a positive and negative impact. For example, nutrition contributes to human beings, but it can also cause negative formations in humans. There is a direct relationship between nutrition and consciousness. Eating more than required impacts on the functionality of consciousness. Likewise, excessive nutrition leads to the formation of toxic gases in the human body. Such gases prevent consciousness from transforming into higher consciousness. Consciousness is the light. Such gases restrain the light. Considering that human cells produce light, the human body both produces and benefits from such light. Beings in the universe have a consciousness that is light. Beings in the universe interact with each other by means of such light, which is consciousness. This is actualized in virtue of such light, which is referred to as consciousness. Such light, consciousness, reaches the fetus through the placenta. As a matter of fact, there are similarities between the formation of the universe and the formation of the fetus.

**Keywords:** Placenta; Nutrition; Gases; Consciousness; Higher Consciousness; Light

## Opinion

### Nutrition and Consciousness

The ability to establish a balance between obtaining and expending energy is crucial for life. Obtaining energy is related to nutrition. Networks controlling hunger and satiety in the human body satisfy the metabolic requirements of an individual at multiple temporal scales. Considering the strong correlation required between external indicators of energy availability, representative signals in the circulation, and subsequent expression of the hypothalamic “hunger genes”, physiological indicators of energy status show a correlation with hypothalamic gene expression [1]. Alimentaryness is shaped by the communication between the brain and the gut. Food addiction also occurs as a result of the signalization between the brain and the gut. Food addiction refers to maladaptive digestive behaviors that result mainly from a transition from homeostatic to hedonic regulatory mechanisms of food intake. This shift reflects changes at all levels of the brain-gut-microbiome (BGM) axis [2]. There are a number of factors that require eating. According to a study conducted by Nolan and Geliebter, there is a positive relationship between emotional and external eating and Night Eating Syndrome (NES) symptoms.

However, NES is an eating disorder having certain characteristics beyond eating in the wee hours of the night. This disorder suggests that emotional and external eating may be associated with higher eating frequency, since boredom, which is one of the factors that drives eating, may deepen in the evening and emotional eating may be related with eating in the wee hours of the night [3]. There are hunger and satiety genes in the human body. Current literature on satiety indicates that ‘food texture’ acts an important factor in controlling satiety, fullness and daily calorie intake. The strategy of using food textural manipulations has largely evolved towards the utilization of satiety over the years. In addition, various gut peptides such as ghrelin, also known as the “hunger hormone”, as well as cholecystokinin (CCK), glucagon-like peptide (GLP-1), peptide YY (PYY) are effective in appetite regulation and gives a signal of satiety. While ghrelin is known to increase during a hunger state and decrease after food intake, 12 GLP-1, CCK and PYY decrease during hunger periods and are released into the circulation after meals. CCK plays a role in satiety by reducing food intake [4].

Feelings of hunger and satiety dominate the lives of all animals and are basic reflex motivations for behaviors related to

nutrition. Both feelings are of instinctual origin; in other words, they contain molecules that secrete in the gastrointestinal system and reach the nervous system. The brain integrates signals related to environmental hunger and satiety to establish the motivated behavior required for obtaining food, digesting and for digestive purposes. The guts of all animals contain many bacteria that depend on host feeding behavior in order to obtain the nutrients necessary for the care of their population. Therefore, the gut represents a stable ecological niche for living bacteria that depends on host physiology to sustain basic biological processes such as nutrition and reproduction [5]. The existence of a gene controlling the signals between the brain and the digestive system is well known. The said gene also controls the feeling of satiety. Some studies suggest that the hunger and satiety gene could be suppressed. As a matter of fact, such genes encode peptide precursors and receptors and proteins required for neurotransmitter synthesis and signaling that are expressed by cells connected through neuroendocrine and neuronal pathways.

These pathways are often described separately as 'hunger' and 'satiety' or 'appetite suppressant' pathways. However, both pathways may play a role in regulating hunger and satiety [6]. The hunger and satiety genes in humans can be intervened externally. The feeling of hunger and satiety can be increased in humans. Similarly, through the intervention of these genes, the feeling of hunger and satiety can be eliminated in humans. However, a strong link between human energy and hunger or satiety cannot be established. Accordingly, there is no direct relationship between excessive eating and nutrition and human energy. In this case, a person may obtain energy by undereating. Likewise, the energy of a person is not fundamentally related to food, but to various other factors. The human body may obtain the energy in question through other sources other than excessive eating. There is a relationship between undereating and consciousness. By means of undereating, a person may connect with cosmic consciousness by functionalizing their own quantum dimension.

Thru this path, a person may go through extraordinary experiences. Excessive eating interrupts the connection between these two consciousnesses states. Excessive eating, which is eating more than required, damages the functioning of organs and becomes a burden on the human body. Undereating helps the human metabolism to function healthily and results in an increase of consciousness. In fact, in the human body, excessive eating leads to a decrease in oxygen levels and enables the formation of toxic gases. As oxygen decreases in the blood, organs cannot obtain sufficient nutrition. When the density of the gases formed in humans is higher than oxygen, the body cannot function properly. At this stage, a person's thinking ability and skills decline. This situation causes a loss of consciousness. This is simply because the human body is created according to quantum. Excessive gases

cause mental disorders and suppresses the ability of the body to function properly for an unborn offspring.

### Quantum Consciousness

Researchers such as Penrose and Hameroff perceive the human brain as an organic quantum computer [7]. According to me, the human being is a quantum computer that came into existence as a whole with entire cells and organs. Consciousness exists in all cells in the human body and communication between cells is ensured through said consciousness. Likewise, there is consciousness in the cell which is the light. If cell mitochondria are generating energy through a subatomic photonics reaction, the current vibration also generates photonics radiation. In this case, the stem cell produces mitochondrial radiation. Cells also depend on this subatomic energy balance. Cells can receive and store and emit quantum packets of light photons, bio-photons. Electrons absorb and emit photons. Therefore, DNA, which is rich in electrons, is a good storage space for biophotons [8].

The role of light in the smallest object referred to as a cell, also exists in the universe, the largest being. The information and data regarding the motion patterns and orbital movements of all objects in the universe are realized thru the light that they possess.

However, there are a number of physical factors that prevent people from accessing such data and reaching a higher consciousness, which is a means of obtaining information. Consciousness is transmitted to our body as light. Every consciousness has a different frequency. Every level of consciousness is different. Each level of consciousness has a language of communication among themselves. The power, meaning and quality of the consciousness it carries changes according to light intensity and frequency. Perceiving that consciousness depends on being able to reach those frequencies. Therefore, perceiving or deciphering the consciousness charged in every carrier photon in the universe depends on the unrestricted or uninhibited biological form of a human. Plants are living things in which consciousness referred to as light is most evident. In fact, the impact of light on plants can be clearly observed. Phytochromes found in plants are the on-off switches of the light. Phytochrome B, activated by the red light in sunlight, enables the plant to grow vigorously. Phytochrome B (phyB) is the main photoreceptor that controls growth in Arabidopsis seedlings exposed to different shade conditions.

While light perception is driven by a collection of identified photoreceptors, including phytochromes that absorb red/far-red light; blue/ultraviolet-A (UV-A) light-absorbing cryptochromes, phototropins and members of the Zeitelupe family, and UV-B absorber UVR8 temperature sensors await installation [9]. Phytochromes are a vital surveillance system allowing plants to adapt to a changing environment. The most effective factor here is light. However, "light signal transmission is one of the most

complex signal networks in plants" [10]. Plants with phytochrome have blue and red light. Humans also utilize these two lights. If the human eyes were much more sensitive to colors, they would see an object approaching rapidly as blue and an object moving away as increasingly red. The same rule applies in space. All distant galaxies are faintly red. Meanwhile, the color of the placenta is red and blue, according to researchers such as Payne [11]. The fetal part of the placenta originates from the trophoblast and extraembryonic mesoderm, and the maternal part originates from the endometrium of the uterus (decidua basalis). Trophoblasts have a radiational appearance due to the large number of secondary and tertiary villus that they contain at the beginning of the second month [12].

Proteins have light [13]. As a matter of fact, there are proteins in the human body that perceive the consciousness referred to as light. These are photoactive proteins. Photoactive proteins are photoreceptors causing the organism in which they are located to react, depending on exposure to light. Meanwhile, chemical energy can be transformed into a visible light form as a result of biological reactions occurring within the body of living beings. This is called bioluminescent radiation. Bioluminescence monitoring can be performed in cultures of plant cell lines transfected with the luciferase enzyme system [14]. According me, such monitoring is also possible for human beings. The wavelength of the light has a wide aperture, in other words it has variety, ranging from red to blue hues [15]. In this case, the placenta also has blue and red colors. The fetus is in amniotic fluid and the transmittance of blue light is higher in fluid. This light constitutes consciousness in the fetus. Light, which is consciousness, must be oxidized by oxygen in order to be activated by light-emitting enzymes in the human body. A high-energy intermediate product is formed by the placenta in the fetus as a result of oxidation.

This indicates that cells that produce light by converting chemical energy into light energy during chemical reactions carried out by living organisms also possess consciousness. It is also possible for human beings. Thus, if a conscious person can utilize their own equipment properly and operate such facilities, it is possible to attain higher consciousness. The reason why higher consciousness cannot be easily achieved by humans is due to the toxic gases formed in the body. These gases cause perception to weaken and prevents a higher consciousness from functioning properly in the human body. Accordingly, there are factors that prevent the light, the consciousness, from penetrating our entire body. All reactions in the human body take place at the cellular level. Cells communicate with each other [16]. This indicates that cells possess consciousness. Communication takes place between cells in virtue of consciousness referred to as light. When cells are damaged by toxic gases, communication weakens and their level of consciousness decreases. "The human body is like a world that contains many microorganisms" [17].

Human beings and all living things in the universe adapt to the conditions of the environment in which they live. The human body is like a cosmic tunnel communicating with the universe. With these tunnels, the human body communicates with its environment. In other words, there are cosmic tunnels within human beings opening to the universe. More realistic information about the universe can be obtained by means of open and functional tunnels. Cosmic consciousness, which is the universe, represents the "wormhole" metaphor connected by complex tunnels [18]. Wormholes are theoretical tunnels that connect different points of the fabric of space-time, enabling rapid travel between exceedingly long distances in the universe. The signals are like impulses of the nerve cells of a Cosmic Brain that permeate all parts of space through wormhole connections, enabling communication between all parts of space. There is no exact information about the number of these wormholes [19].

This means that every part of Cosmic Consciousness is an interconnected whole. This is also the case for human beings. Although wormholes are considered as a tunnel for passage between objects in space, it can be argued that they are also a channel of communication between beings in the universe. Similarly, there are "humanistic worm tunnels" in the human body enabling the parts throughout the whole body to communicate. Thus, cells/organs in the body are in constant communication with each other. A human being is a quantum with their whole body. A healthy person can communicate with cosmic consciousness through humanistic worm tunnels. This is only possible in virtue of higher consciousness. There are also obstacles such as disease that cause this communication to be interrupted and hinder people from reaching higher consciousness. Among such barriers, the strongest factor arises through the act of eating and drinking. In our daily life, the foods and chemicals we intake excessively accumulate in our bodies as toxins.

Such toxins turn into toxic gases in our body. In the event of exposure to toxic substances, the functions of the human brain and immune system deteriorate, and the regeneration process of cells ceases. Thus, the deformation that starts with cells and enzymes scattering the light of consciousness in our body causes system functions to deteriorate and the impact of the light consciousness is broken, causing the higher consciousness to weaken. Oxygen is essential for an increase in human consciousness. The entry of oxygen into the cell and the exit of carbon dioxide take place through a phenomenon called passive diffusion through the cell membrane. Hardening of the cell membrane reduces the leakage of oxygen into the cell and restrains toxic carbon dioxide gas inside. When the oxygen inside the cell decreases, organs cannot be nutrified and the level of consciousness in the human decreases gradually. Accordingly, the most important factor preventing higher consciousness in humans is the toxic gases formed in the human body.

## Cosmic Consciousness-Higher Consciousness

Cosmic consciousness that dominates the universe is a light in human form. This light dominates the universe. Light energy is a universal consciousness. There are types of consciousness. In this direction, people's levels of consciousness are different. There is an inter consciousness communication. This communication occurs as the communication of consciousness with consciousness. Accordingly, entire organs of human being have consciousness which is light, and they are in communication with each other. To put it more clearly, all the cells of a human being are in communication with each other. It is the consciousness which is light that enables such communication. As a matter of fact, every living cell has light. In the event that the receptors of people are healthy, each of them is a communication channel to the brain. Therefore, the more the message appeals to the senses, the greater its effect. The headquarters of communication is considered to be the brain. However, it is not the brain, but the consciousness, which is the light, that enables communication [20].

The starting place of consciousness, referred to as light, in human beings is in the placenta. The placenta is an organ that provides an interface for gas and nutrition exchange between mother and fetus. The placenta also acts as an immunological barrier to protect the fetus from external attacks. Therefore, the functions and structural integrity of the placenta are preserved at the cellular, endocrine and immunological levels, by fine-tuned regulatory mechanisms on both the maternal and fetal sides. When such balance is disturbed, the growth of the fetus and even the health of the mother may be imperiled. For instance, in humans, dysfunctional placental development can lead to preeclampsia and hemolysis, elevated liver enzymes, and low platelet (HELLP) syndrome, which is often associated with severe maternal hypertension [21]. This situation indicates that the placenta is open in some cases to external intervention. Environmental factors can affect the health of the mother and the health of the fetus as a result of the changing fetomaternal physiology during pregnancy [22]. Thus, it was observed that some mothers who caught COVID-19 also infected the placenta [23]. Here, it may be argued that an external impact on the placenta is possible.

Oxygen to the fetus passes through the mother's lungs, heart, vascular system, uterus and placenta and eventually reaches the fetus through the umbilical cord [24]. At the same time, the fetus receives the light. The light reaching the fetus enables consciousness. For consciousness is light. The placenta is an organ, that transmits light. A fetus is charged with consciousness through the placenta. The placenta enables the fetus to have consciousness. The fetus in the uterus benefits from the UV rays it receives from the placenta. Ultraviolet rays reach the fetus by means of the placenta. The UV light from the umbilical cord is converted into food. Here, incoming UV light is converted into carbon dioxide, water and glucose. Thus, oxygen is generated. This also means the emergence of light, and as

such, that the fetus has consciousness which is the light. According to me, although the light referred to as consciousness is obtained externally, consciousness, which is the light in question, also forms within the body. Popp conducted a study on this subject and suggested that all living cells emit light [25]. Accordingly, if a cell dies, it shall not emit light. In other words, it loses consciousness and dies.

### Here it may be necessary to focus on the Luciferase enzyme.

The Luciferase enzyme is found in light-emitting creatures such as the lightning bug and enables the formation of light. Such light is formed through enzymatic activity [26]. The generation of visible light from chemical energy as a result of the reactions occurring within the body of the living being and the resulting radiation is called bioluminescence radiation. There are various luciferase enzymes in different living species [27]. This is also possible for human beings. Human beings can utilize light completely enzymatically with a more permeable structure. A human is a being who absolutely requires light and utilizes it significantly. Consciousness, referred to as light, has a direct relationship with human life. The answer to the question of why people die should be sought here. Death takes place with the end of the existence of consciousness, which is referred to as light, in the human body. However, it is impossible to imagine that the light, which is consciousness in the human body, is lost.

However, here the consciousness, namely the light, loses its functionality internally, in other words bodily. This means that the human body cannot utilize light as a result of the failure of some enzymes to work properly in the human body and an inability to function accordingly. Human beings have cells, enzymes and organs to activate consciousness, which is the light that can connect with the cosmic consciousness. However, human beings can lose the ability to enable such enzymes to become functional. In this respect, while it is possible for a person to live for a very long time, they are not able to manage this eternally, and die early since the activity of some enzymes is impaired or lost.

## Conclusion

The human brain is like a cosmic computer. However, all organs of human beings have similar characteristics. In fact, the main structure of the human body is composed of cells. Cells are a source of light and they generate light [28]. According to me, the human body generates light. Where there is light, there is consciousness. For consciousness is light. The cell and the living thing whose light has been disturbed and has been exhausted transits to another dimension which is death. Therefore, human beings die. Cells in the body communicate with each other. This communication is ensured by light, which is consciousness. Depending on the fluctuation of the light known as consciousness generated by the human body, during the day, the human has an emission associated with the body

hours. This is in harmony with the human circadian rhythm. The circadian rhythm also affects human beings' level of consciousness. The penetration of the light consciousness into DNA is effective not only in the repair mechanism, but also in other mechanisms. Such impact changes in line with the consciousness level of the human being created according to the quantum, the density of the energy and the geographical location.

In other words, the programming of the human body and the level of consciousness known as light are related to the chronobiological situation. In this direction, gases that adversely affect human consciousness also disrupt the circadian rhythm. Everything in the universe is in communication with each other. Thus, dying bacteria scream chemically to warn their neighbors. According to researchers, this chemical death scream provides other bacteria the time they require to mutate against antibiotics [29]. In fact, this "scream" here referred to as a chemical, "illuminates" the light, which is the consciousness of the bacteria about to be lost and enables it to message with other cells. This type of communication is valid for all living organisms. Consciousness known as light is also at stake for the universe referred to as cosmic consciousness. Beings and masses in the sky also move with the light, which is consciousness. In fact, there is birth, death, and mating in space. The Hubble Space telescope imaged the coupled existence of two galaxies [30]. The Hubble Space Telescope has imaged the combination of two galaxies. For us, this is not a coupled state, but a copulation. After this copulation, stars are born.

This mating of galaxies in the universe takes place between those that have dark matter, a type of light, and galaxies that contain little or no dark matter. Dying stars are stars whose light is extinguished and do not shine. Beings in the universe have consciousness through light, thus beings die by losing their light and should be interpreted as having died. In other words, they have lost their consciousness. Although the birth of a star may seem like a very long time compared to earth time, which consists of cycles of 24 hours, the birth of stars in space actually takes place at light velocity. In other words, a star is born in a very short time according to light velocity. As a matter of fact, according to research conducted by Foley and her friends, there is a galaxy that produces more stars in a day than the Milky Way Galaxy produce in a year. This galaxy produces 740 new stars a year. Considering the size, type and age of the discovered galaxy, the rapid star production rate is surprising [31]. Similarly, the formation and initial development of the fetus in the uterus are also a light velocity derivative axis.

The fertilized egg divides in a few hours after intercourse and then divides every 12 to 15 hours. The heart develops in 25 days. Arms and hands are formed in 32 days. The development of the vertebra begins on the 36th day. These weeks are the period in which the fetus develops the fastest, which is a very fast process for the formation of a living thing. If the fetus continued to develop

at this rate during the 9-month period, the baby would reach 1.5 tons at birth. The fetus begins to generate its own energy after the first 5 weeks. In fact, in this process, the heart becomes functional. The fetus also develops its first functional system at this stage. There are also communication channels in the universe. These are referred to as 'worm channels/holes' [32]. As beings in the universe communicate with each other, the planets in the solar system also have a connection with each other, especially with earth. In fact, each planet communicates with earth. Accordingly, planets have an impact on the natural phenomenon on earth. Every planet has a unique feature. In line with the characteristics of these planets, natural events take place on earth.

In this direction, the energy of the planets can be used. With this energy, seasons and natural events in the world can be changed. The organs and cells in the human body possessing consciousness have been created in accordance with cosmic consciousness and are equipped in a manner enabling connection with cosmic consciousness. Accordingly, human beings are in a structure that can connect with the whole universe. "Besides the known universe, there is also a parallel universe" [33]. Human body and consciousness are also in communication with the parallel universe. There are types of consciousness. Each level of consciousness is associated with one dimension of the universe. The emergence of this bond is only possible with the realization of a "higher consciousness" within human beings. In this direction, if a human being can develop their consciousness, then it is possible to reach the higher consciousness dimension thru a connection with the parallel universe beyond the known universe. It is the consciousness referred to as light in human beings that will ensure this.

Consciousness in humans begins with the formation of the placenta. The placenta provides light to the fetus through the umbilical cord. The placenta begins to form early in pregnancy and develops as the fetus develops. The placenta provides the consciousness of the fetus since it generates light. That light is reflected in the fetus and creates consciousness in the fetus. Since the baby can receive light with all their organs after birth, the baby does not require an external light provider. Therefore, the placenta is detached from the mother and thrown away. There are factors that prevent human consciousness from transforming into higher consciousness. One of the main factors blocking such consciousness is the toxic gases in the human body. The toxic gases that emerge as a result of biochemical reactions, excessive eating, excessive functioning of digestive enzymes, affect the level of consciousness of the human being. Excessive eating causes the formation of bacteria that generates excessive gas.

The most important factor in removing these toxic gases is to feed the body as required. There is no direct relationship between nutrition and the energy required by the body. As a matter of fact, it

is the light that feeds human beings. On the other hand, for human consciousness to function properly, the body must comply with the circadian rhythm [34]. The circadian rhythm leads to a lifestyle of the body that is in harmony with the cosmic consciousness. Human beings possess a great energy capacity that is beyond any estimates. Humans have organs/enzymes that have the ability to perceive the 3rd and the subsequent dimensions. These organs, enzymes, and cells are created according to the quantum dimension. Such dimensions, which may be perceived with the connection of the human with the cosmic consciousness, are possible only when humans obtain a higher consciousness.

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