

The Field and the Collective Unconscious

by Anne Emerson, September 1, 2026

Some of us nerdy types are exploring the relationships among quantum phenomena and the everyday world. What follows are a few preliminary thoughts on how this might go, experimentally. I believe that bringing the Jungian “unconscious” into the full view of our conscious minds will bring most of us much closer to reality.

I am interested in both Jungian psychotherapy and Buddhist meditation, in particular as practiced by Buddhist monks who become highly trained in connecting to what we might call the "collective unconscious" or the "Quantum field." Books to read, in order to catch up on the science of this, are listed on my website, Anniespicsandpoems.com (Happiness page).

I am not sure I listed the first book in my personal journey that addresses scientific mysteries - "The Field*," by Lynne McTaggart. I first read it many years ago now. Since then, I have taken a class at Osher (William and Mary campus) on "Life After Death;" it was about paranormal phenomena. Research into the paranormal has become a respectable field, and some cutting-edge physicists are interested in it. There's a department for its study on the campus of the University of Arizona.

Where my twin and I fit into the search for a new physics is this –

We are both highly trained in the scientific method; Gill as a natural scientist; Anne as a social scientist. Anne also studied what we might call "the humanities," or what we in the USA call a Liberal Arts Degree. The difference between Anne and others in this regard is that she learned rigor in the humanities via Arabic literature, rather than via Western literature. We attended two of the best Universities in the world for this type of training - one to Oxford and one to Cambridge, England. We grew up in England where many people are familiar with the Great People of the English tradition. As female identical twins we are highly intuitive and highly articulate, at least when it comes to talking with one another.

The world has typically thought of emotion or "intuition" as feminine, and rationality or "objectivity" as masculine. However, all of us are capable of both and neither is necessarily better, depending on the situation.

My position on my neurodiversity is that Gill and I have both been practicing the techniques of DBT* our whole lives. We do not need to learn to practice DBT. Other people need this. What she and I need is something more akin to training in Buddhist meditative techniques; that is, recognition, acknowledgment, and insight into the intuitive side of life. There are books about this. I have seen some by Indian physicists - exploring the idea of a field of consciousness.

Gill and I were just exploring the idea of a pilot wave (de Broglie), the Schrodinger equation, and how the observer interacts with quantum particles. I was suggesting that we explore the idea that Buddhist (or Hindu) mental techniques can connect with entangled quantum particles

WITHOUT collapsing the wavefront. Gill postponed that discussion until another day, but I invite others to think about it. I further suggest that Carl Jung was a Westerner who explored the unconscious mind in some depth and moreover, that one of the challenges of the Western world is that we push things we ought to know into the subconscious where they become inaccessible to our conscious minds.

My son has recommended Sadhguru to interested parties. Sadhguru is an Indian mystic who teaches people to engage more with nature and to listen to our own bodies. It is named Inner Engineering with good reason, because it is as sophisticated for the Inner World as is scientific engineering for the Outer World. There are many meditators who think that, if enough people practice meditation, together they can change the world.

I started this discussion as a way to remind Gill what we talked about in a recent phone conversation. Where I wish to go with these ideas, if anyone is interested, is to discuss the likelihood that Inner Engineering techniques (or strong emotion in general) can turn quantum "noise" (at macro levels) into quantum "standing waves." That is, meditation can organize quantum phenomena that usually offset one another into something that coheres. These quantum standing waves would have profound emotional impacts over long distances. They are not energy-free. Brain power uses a lot of energy. But they do not require physical transportation. To any readers I might have, as always - if you are not interested, there is no need to engage further.

I believe that this technique only operates effectively on the wider world if it is motivated by selflessness. The "other" does not let it in, if its vibes are opposed to the greater good. Therefore, the dark arts (selfish) cannot win against the light (unselfish). This is a religious/spiritual concept. I believe it is found in most, if not all, human societies. Today we can integrate much of our other knowledge with this ancient knowledge. What is the world waiting for?

*Summary of "The Field": Groundbreaking scientific evidence suggests **an energy field connects all life**, impacting health, consciousness, and reality itself.

*Summary of DBT –

"Wise mind" is the integration of emotion and rationality, or intuition and intellect. It has found much support among therapists in the form of the "talk therapy" known as DBT, dialectical behavioral therapy. This is a way of training the (Western) mind to notice and name its emotions, and to recognize them as useful information about a situation, just as much as the observational or experimental experience (the scientific method) is useful.

Both of these forms of "input" to the brain should be treated as tools rather than as the be-all and end-all. The woman who started the movement was a mental patient who told herself that if she ever got out of the mental health system, she would tell them what would help, rather than let them keep doing what they were doing. There's a lot of history to it. Her story is amazing.