

QuietQuality™

Quantum Philosophy



The QuietQuality Revolution

By Stephen Bray

Background

For over four hundred years our understanding of life, particularly our working lives have been based upon the ideas of ancient Greek philosophers, especially Aristotle and also those of a seventeenth century French physician Rene Descartes. Later in the seventeenth century Sir Isaac Newton developed mechanical laws based upon the ideas of Descartes.

From Aristotle we get the idea that the world is composed of objects that are separate and independent from each other. These may be reduced into basic components or atoms. He also believed that body and soul (consciousness) existed independently of each other. Descartes accepted Aristotle's ideas making a similar distinction: I am my mind, I have a body.

This idea was accepted by Newton who excluded the mind from his calculations when determining laws known as Classical Mechanics.

Surprisingly few of us are aware that our day-to-day thinking owes so much to Aristotle, Descartes and Newton. Although their emphasis has taken us from the Dark Ages and to deliver us to the world that we know it has been at cost of millions of lives lost through industrial disease, warfare and mechanistic government policies.

Ways of Understanding

Our behaviour and way of thinking are shaped by ideas about how life works. Whilst we tend not to think too much about the ideas that shape our lives key influences will be found in our culture, family of origin, workplace and community.

Industrialisation has impacted upon most communities with the result that understandings drawn from the mechanics of Aristotle and Newton pervade everyday life. Psychology and other social sciences have also had a significant effect upon ways of thinking about business.

Not all progress relies upon Aristotle's ideas or Newton's laws.

New Influences

During the 20th Century we have seen the introduction of wireless sets, televisions and computers into our homes. The physics that drive these pieces of equipment are based upon ideas about the composition of the smallest particles of our material universe. These ideas are significantly different from those of Aristotle or Newton, or even psychologists such as Sigmund Freud or B.F. Skinner.

The problem with these new ideas is that they are incomprehensible to most laymen. The result is that most of us continue to understand the relationships that make up our world as if they were a system of pulleys and levers. Our understanding of computers or televisions may thus safely rest with knowing what buttons to press on a keyboard or remote control.

Scientists are discovering that the cellular organs of the body including the brain is best understood using the same kind of physics as that needed to develop television and computing. The mind and the body can no longer simply be considered as separate entities within the understandings of these new ideas. Indeed mind and matter are seen to occupy the same space within the vital process that we call life.

The Media

Ideas about the new sciences of chaos, complexity and quantum mechanics are slowly being disseminated.

These are published in books such as Stephen Hawking's *A Brief History of Time*, or award winning television documentaries such as Turkey's 'Suretteki Sir' featuring Ceren Soyly. The most effective disseminators of information about the New Sciences are likely to be popular T.V. programs such as *Star Trek* and its derivatives, or the UK comedy *Red Dwarf*. Readers of quality newspapers will also gradually come to grips with these ideas.

The Development of QuietQuality™

Stephen Bray first began to realise that ideas from the new sciences could be used to help people suffering from various troubles when he practiced as a psychotherapist. Over many years Bray asked questions about these sciences and applied what he learned to help his patients. He discovered that people do not need to understand the science behind complex theories such as Quantum Mechanics or Complexity Theory in order to benefit from ideas based upon them. In 1998 he attended a lecture given at the Institute of Psychiatry in London given by Professor Amit Goswami a theoretical physicist from America who spoke on the relationship between quantum events in the brain, mental health and reality. Following this talk he started to put together a working model these ideas that could be applied in organisations as well as in therapeutic communication. He gave his model the name 'Q' during the early period of its development.

'Q' is simple!

In order for humankind to have a future we must live with new understanding and conduct commerce and communication in new ways.

'Q' offers the following ideas for guiding our actions:

The world that we experience precipitates from moment to moment.

We can best awaken to what will be when the mind is peaceful.

Creativity arises as a result of focus rather than force.

Our experience of life is limited by our ability to perceive.

Past and future are creations of the imagination.

QuietQuality™ = Peace of mind

Central to the philosophy of 'Q' is the idea peace of mind. This may be achieved simply by recognising What we truly are. Bray refers to this ability as the Vital Process (or ViP).

Peace the mind is a deliberate act of free will that enables us to become more aware of our nature, and once realised this affects our relationships with others and the worlds that they inhabit. It adds a sense of 'Presence' and enables people to behave authentically in emotionally intelligent ways.

People possessed of Presence maintain their energy at an optimum level by working and playing creatively and with sensitivity. They achieve an ability to detect the ViP in situations and then serve it.

Personal Development

Everything in the Universe seems to change yet our true nature remains constant. Scientists have discovered our lives at each moment are simply one possibility within an ocean of possibilities. We create life by grasping the moment and in so doing our perceptions precipitate a network of relationships that give us a sense of time and place. Such an idea seems absurd to most of us as our senses inform us that the world is tangible and has concrete problems such as, disease, emotional strife, war and pollution. These global problems seem beyond our capability to solve because most of us are not doctors, counsellors, politicians or ecologists. We need not be any of these professions in order to help our fellows, or ourselves. Simply we must give up striving and rediscover our true nature.

We are constantly being invited to discover our true nature, and also to act responsibly in practical ways in the world. These seemingly contradictory demands are resolved once we experience the ordinariness and majesty of our true nature.

Through the peaceful realization of QuietQuality™ however we may also intervene on a

daily basis by calming the mind in order to influence the kind of world that we precipitate around us from the many possibilities available. This is the challenge that Stephen Bray's Developmental Philosophy of offers QuietQuality™ to us.
