



Quantum Vibration & Spirituality- Connecting the Principles of Quantum Physics and Indian Spirituality: Energy, Cosmic Vibrations, and the Musical Structure of the Universe

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Abstract

The relationship between science and spirituality has long inspired humanity's search for a deeper understanding of existence. Recent developments in quantum physics have introduced concepts such as energy fields, wave functions, interconnectedness, and vibration, which resonate intriguingly with ancient Indian spiritual philosophies. This research does not propose new physics. It explores conceptual and philosophical connections among quantum physics, Indian spirituality, and music, drawing on existing literature from both scientific and spiritual traditions.

This study explores the conceptual parallels between quantum vibrations and Indian spiritual thought, particularly the ideas of cosmic energy, universal consciousness, and the vibrational nature of reality. The paper does not attempt to make scientific claims beyond established concepts in the literature. Rather, it examines how ideas such as vibration, resonance, interconnectedness, and consciousness have been interpreted across different disciplines.

Indian traditions, including the Vedas, Upanishads, and the doctrine of Nada Brahma (the universe as sound), describe creation as emerging from primordial vibrations that permeate all existence. Similarly, quantum physics suggests that matter and energy are fundamentally dynamic and interconnected at microscopic levels.

The paper examines how the concept of vibration serves as a bridge between scientific and spiritual worldviews. The paper does not attempt to make scientific claims beyond established concepts in the literature. Rather, it examines how ideas such as vibration, resonance, interconnectedness, and consciousness have been interpreted across different disciplines.

It further investigates the symbolic and philosophical significance of music as an expression of cosmic order, harmony, and resonance. The structured relationships found in musical frequencies, scales, and rhythms are discussed as reflections of broader universal patterns that connect physical phenomena with human consciousness. Quantum physics does not empirically prove spiritual doctrines. It only discusses conceptual parallels.

While recognising the methodological differences between empirical science and spiritual inquiry, the study highlights areas where dialogue between the two disciplines can enrich contemporary understandings of reality. By integrating insights from quantum theory, Indian metaphysics, and the philosophy of music, this research proposes a holistic perspective that views the universe as an interconnected field of energy, vibration, and consciousness. Such an approach encourages a deeper appreciation of the relationship between the material and the transcendent dimensions of existence.

Keywords: Quantum Physics, Indian Spirituality, Quantum Vibrations, Cosmic Energy, Universal Consciousness, Nada Brahma, Cosmic Resonance, Energy Fields, Vibrational Reality, Sound and Creation, Quantum Consciousness, Musical Structure of the Universe, Vedic Philosophy, Interconnectedness, Science and Spirituality.

Introduction

The search for the ultimate nature of reality has fascinated both scientists and spiritual thinkers throughout human history. While modern science investigates the universe through observation, experimentation, and mathematical models, Indian spiritual traditions explore the same mysteries through introspection, meditation, and direct experience. Although these approaches appear very different, they often arrive at surprisingly similar insights. One of the most striking common ideas is that reality is not fundamentally made of solid, unchanging matter but of dynamic energy and continuous vibration. Contemporary quantum physics describes the universe as an interconnected field of energy governed by probabilities, wave functions, and quantum fluctuations. Comparably, Indian spiritual traditions speak of Brahman as the underlying reality of existence, expressing itself through concepts such as *nāda* (cosmic sound), *spanda* (vibration), and *śabda* (the creative principle of sound). These parallels become especially meaningful when viewed through the lens of music, which can be understood not only as an art form but also as a reflection of the vibrational structure of the universe itself. Although it would be scientifically inaccurate to equate quantum theory directly with spirituality, a meaningful dialogue between these perspectives reveals intriguing philosophical connections concerning energy, consciousness, resonance, and the musical nature of existence. (Taylor & Francis Online)

The foundations of quantum physics were established during the early twentieth century through the groundbreaking work of scientists such as Max Planck, Albert Einstein, Niels Bohr, Werner Heisenberg, and Erwin Schrödinger. One of the most revolutionary conclusions of quantum theory is that matter and energy are deeply interconnected.

According to quantum field theory, what we perceive as particles are actually excitations within underlying energy fields. Consequently, matter is not as solid or permanent as it appears in everyday life; rather, it is a manifestation of organised energy. At the subatomic level, particles such as electrons and photons exhibit both particle-like and wave-like behaviour, revealing that vibration is woven into the very fabric of reality. These entities do not exist as isolated objects but as dynamic oscillations within fields of energy. Even the quantum vacuum, which was once assumed to be space, is now understood as a region filled with fluctuating energies and unrealised possibilities. Such discoveries challenge the traditional image of the universe as a giant machine and instead present a cosmos characterised by movement, interaction, and interconnected processes. **(arXiv)**

Indian spiritual thought, particularly within the Upanishadic, Vedantic, and Tantric traditions, has long presented a remarkably similar vision of existence. Central to these traditions is the concept of Brahman, the ultimate and indivisible reality from which all forms emerge. The well-known expression “Nāda Brahma,” often translated as “the universe is sound,” reflects the belief that vibration is the primordial basis of creation. According to this view, existence originates not from material substance but from subtle sound and vibrational energy. The sacred syllable Om (Aum) symbolises this primordial resonance, representing the cosmic vibration from which the universe unfolds. Ancient philosophical texts describe creation as a process in which pure consciousness moves into vibration and gradually manifests as increasingly diverse forms of existence. In this understanding, the universe resembles a vast cosmic symphony in which every being and phenomenon participates as a unique expression of a single underlying source. **(mail.rjournals.com)**

The relationship between vibration and creation occupies a central position in both quantum physics and Indian spirituality. Modern science shows that every physical entity possesses characteristic frequencies. Atoms vibrate, molecules oscillate, electromagnetic radiation propagates through frequencies, and biological systems function through rhythmic patterns. Indian metaphysical traditions similarly maintain that all forms arise through the vibrational differentiation of an underlying consciousness. In Kashmir Shaivism, this principle is expressed through the concept of spanda, the subtle pulsation of consciousness that generates the universe. Rather than separating matter from consciousness, this philosophical system views both as manifestations of a single dynamic reality. Contemporary interdisciplinary discussions have often pointed to conceptual similarities between quantum fields and the notion of spanda. While these comparisons remain philosophical rather than experimentally proven, they offer valuable perspectives for understanding the universe as a process of continual vibration and transformation. **(Sage Journals)** Music provides one of the most accessible and compelling bridges between these two worldviews because musical experience itself is fundamentally vibrational. Sound is produced through oscillatory motion, transmitted through a medium, and ultimately perceived by the human auditory system. Every musical note corresponds to a particular frequency, and harmonious musical intervals arise from precise mathematical relationships between frequencies. Long before the development of modern acoustics, ancient Indian musicologists recognised the significance of these relationships. Classical treatises such as the Nāṭyaśāstra and Saṅgīta Ratnākara describe music as an expression of cosmic order and harmony. The seven notes, or svaras, were not regarded merely as artistic devices but as manifestations of universal vibrational principles connected with both nature and spiritual experience. Music, therefore, was understood as a means of aligning human consciousness with the deeper rhythms of the cosmos. **(metainnovateybnujournal.com)**

The concept of resonance further deepens the dialogue between quantum physics and Indian spirituality. In physics, resonance occurs when two or more systems vibrate at compatible frequencies, leading to amplification and synchronisation. This principle operates across nature, influencing phenomena ranging from atomic interactions to large-scale celestial movements. Indian spiritual traditions describe meditation, mantra recitation, and musical practice in remarkably similar terms. These practices are viewed as methods through which individuals can attune themselves to the fundamental vibrations of the universe. The chanting of Om, for example, is believed to bring the practitioner into harmony with the primordial frequency underlying existence. Interestingly, contemporary research in psychoacoustics and neuroacoustics has demonstrated that sound can significantly influence neural activity, emotional states, and cognitive functioning. Such findings do not prove spiritual claims, but they do suggest that ancient traditions possessed valuable insights into the transformative power of sound and vibration. **(metainnovateybnujournal.com)**

The relationship between consciousness and reality represents another significant area of convergence between these perspectives. Quantum mechanics has raised profound questions about the role of observation in the behaviour of physical systems. The observer effect suggests that measurement influences the state of quantum entities, leading some scholars and philosophers to explore possible connections between consciousness and the physical world. While mainstream physics remains cautious about assigning a direct causal role to consciousness, these debates have encouraged broader interdisciplinary discussions. Indian spiritual traditions, by contrast, place consciousness at the centre of existence. Advaita Vedanta, for example, regards consciousness not as a product of matter but as the fundamental reality itself. In this framework, Brahman and consciousness are inseparable. Although such views should not be conflated with scientific theories, they resonate philosophically with interpretations of quantum mechanics that emphasise the interconnectedness of observer and observed. **(Taylor & Francis Online)**

The connection between music and consciousness has become an increasingly important subject of contemporary research. Scientific studies indicate that musical rhythms can synchronise neural activity, influence emotional

regulation, and alter states of awareness. The phenomenon of brainwave entrainment demonstrates that external vibrations can shape internal cognitive and emotional processes. Indian spiritual traditions have long maintained that particular ragas, mantras, and sonic practices possess the ability to transform consciousness. The discipline of nāda yoga, for instance, regards sound as a direct pathway to self-realisation. Practitioners cultivate deep listening, not only to external sounds but also to the subtle inner vibrations believed to exist within consciousness itself. Through such practices, music transcends entertainment and becomes a profound instrument of spiritual growth and self-discovery. **(metainnovateybnjournal.com)**

The idea of harmony occupies an equally important place in both modern scientific thought and Indian spiritual philosophy. In physics, the universe reveals an astonishing degree of mathematical order. From the quantised energy levels within atoms to the periodic arrangements found in matter and the predictable behaviour of natural laws, harmony appears to be deeply embedded in the structure of reality. Indian spiritual traditions express a comparable understanding through the concept of ṛta, the cosmic principle that governs order, balance, and harmony throughout existence. According to this view, the universe functions not through chaos but through an underlying intelligence that sustains equilibrium among all things. Music serves as a direct reflection of this universal order. The relationships among notes, rhythms, scales, and melodic patterns mirror the balanced relationships that exist throughout nature. The experience of musical beauty may therefore arise from an intuitive recognition of these deeper patterns that connect human consciousness with the wider cosmos. **(mail.rrjournals.com)**

Among modern scientific theories, string theory offers one of the most evocative metaphors for understanding the vibrational nature of existence. Although it remains experimentally unverified, string theory proposes that the fundamental constituents of reality are not point-like particles but extremely small vibrating strings. According to the theory, the various forms of matter and energy arise from different vibrational modes of these strings. A change in frequency results in a change in the properties of the particle that emerges. This notion has frequently invited comparisons with the Vedic idea of Nāda Brahma, in which all manifestations arise from variations of a primordial cosmic vibration. Such comparisons should not be interpreted as evidence that ancient spiritual traditions anticipated modern theoretical physics. Nevertheless, they highlight a recurring intuition found across cultures and eras: the belief that vibration lies at the heart of existence. The persistence of this idea across both scientific speculation and spiritual philosophy suggests its enduring significance in humanity's attempts to understand reality. **(SSRN)**

An equally fascinating point of convergence concerns the role of silence. In both music and spirituality, silence is not merely the absence of sound but a meaningful and dynamic presence. Quantum physics has transformed our understanding of emptiness by revealing that what appears to be space is actually filled with latent energy and potential. The quantum vacuum is not a void but a field of constant activity from which particles can emerge and disappear. Indian spiritual traditions express a similar insight through their understanding of silence as a state of infinite possibility. In meditation, silence is often regarded as the ground from which awareness, insight, and spiritual realisation arise. Music illustrates this principle beautifully. The pauses between notes are not empty gaps; they contribute fundamentally to rhythm, expression, and emotional impact. In many cases, silence gives meaning to sound just as much as sound gives meaning to silence. This dynamic relationship mirrors the spiritual understanding of manifestation and transcendence, where form emerges from formlessness and eventually returns to it. **(arXiv)**

Modern cosmology further enriches this dialogue by presenting the universe as an ongoing process rather than a static structure. Scientific observations reveal a cosmos characterised by movement, expansion, and rhythm. Phenomena such as cosmic background radiation, gravitational waves, and large-scale oscillatory processes suggest that the universe is permeated by patterns of vibration and periodicity. Rather than existing as a fixed object, the cosmos appears to be continuously evolving through dynamic interactions. Indian cosmological traditions offer a strikingly similar perspective. They often describe creation as cyclical, unfolding through recurring phases of emergence, sustenance, and dissolution. These cycles are reflected in concepts such as creation (sṛṣṭi), preservation (sthiti), and destruction (saṃhāra), which together form the rhythmic pulse of cosmic existence. Music embodies this same cyclicity through recurring rhythms, patterns, and melodic developments. The repetitive yet evolving nature of musical structures reflects temporal patterns that are observable both in nature and within human consciousness. **(arXiv)**

Despite these intriguing parallels, it is important to approach the relationship between quantum physics and spirituality with intellectual caution. Popular discussions often exaggerate similarities or use scientific terminology in ways that are metaphorical rather than rigorous. Concepts such as quantum entanglement, uncertainty, or wave functions are sometimes invoked to support spiritual claims without sufficient scientific justification. Such interpretations can lead to confusion and may obscure the genuine contributions of both disciplines. Quantum mechanics does not provide empirical proof of spiritual doctrines, just as spiritual traditions do not function as predictive scientific theories. The strength of interdisciplinary dialogue lies not in forcing equivalence between these domains but in recognising that each offers valuable insights into different dimensions of human inquiry. Science seeks explanatory models grounded in observation and experimentation, whereas spirituality explores questions of meaning, consciousness, and lived experience. Appreciating their distinct methods allows for a richer and more balanced understanding of reality. **(Reddit)**

Even with these limitations, the dialogue between quantum physics, Indian spirituality, and music remains profoundly illuminating. One of the most significant themes emerging from all three perspectives is interconnectedness.

Contemporary physics increasingly portrays reality as a network of relationships rather than a collection of isolated objects. Quantum entanglement, for instance, challenges conventional notions of separateness by demonstrating correlations that transcend ordinary spatial boundaries. Indian philosophical traditions, particularly Vedanta, similarly emphasise the essential unity underlying all existence. According to this view, apparent diversity emerges from a single, indivisible reality. Music offers a direct and experiential demonstration of this interconnectedness. During a musical performance, performers, listeners, instruments, and surrounding space become part of a shared field of vibration. Individual identities momentarily recede as participants become absorbed in a collective experience shaped by rhythm, melody, and resonance. Through music, the abstract idea of interconnectedness becomes something that can be felt and experienced directly.

From this perspective, music is far more than an aesthetic activity. It can be understood as a microcosm of the universe itself. Every musical note emerges from vibration, interacts with other vibrations, creates patterns of harmony and tension, and ultimately dissolves back into silence. This process closely mirrors the cycles of creation, interaction, and dissolution described in both cosmological theories and spiritual philosophies. The capacity of human beings to perceive, create, and respond emotionally to music suggests a deep resonance between consciousness and the vibrational structures that shape reality. Music becomes a bridge connecting the physical and the metaphysical, the measurable and the experiential, the scientific and the spiritual.

The significance of this bridge becomes even clearer when one considers the role that music has played throughout human civilisation. Across cultures and historical periods, music has been associated with healing, ritual, meditation, celebration, and communal bonding. Its universal presence suggests that it fulfils needs extending beyond entertainment. Both scientific research and spiritual traditions increasingly recognise that sound has the capacity to influence perception, emotion, and states of consciousness. Whether understood through neural entrainment, resonance, or sacred vibration, music possesses a unique ability to connect individuals with dimensions of experience that often transcend ordinary language. In this sense, music functions as a living example of the vibrational principles discussed by both quantum physics and Indian spirituality.

Ultimately, the enduring appeal of both quantum physics and Indian spirituality lies in their shared attempt to answer some of humanity's most profound questions: What is the nature of reality? What is the relationship between consciousness and the universe? How are seemingly separate phenomena connected? Although these traditions employ very different methodologies, they each encourage a shift away from viewing reality as a collection of isolated objects and toward understanding it as a network of relationships, processes, and interactions. Quantum physics achieves this through mathematical descriptions of fields, probabilities, and dynamic systems, while Indian spirituality reaches similar insights through contemplative inquiry and metaphysical reflection. The resulting dialogue does not erase the distinctions between science and spirituality but demonstrates how different ways of knowing can illuminate complementary aspects of the same mystery.

Within this context, music occupies a uniquely significant position. Unlike many abstract philosophical or scientific concepts, music allows individuals to experience vibration directly. Every musical tone is a physical manifestation of oscillation, measurable through frequency and amplitude. At the same time, music evokes emotions, memories, and states of awareness that often transcend purely material explanations. It therefore exists simultaneously within the domains of physics, psychology, culture, and spirituality. This dual character enables music to function as a powerful bridge between objective and subjective realities. A musical performance can be analysed scientifically in terms of acoustics and neural activity, yet it can also inspire feelings of transcendence, unity, and profound meaning. Such experiences reveal why music has long been regarded as a medium through which deeper truths about existence may be encountered.

Indian spiritual traditions have consistently emphasised this transformative potential of sound. The concept of nāda yoga teaches that attentive engagement with sound can lead to expanded awareness and ultimately to self-realisation. Similarly, devotional music traditions such as bhajan, kirtan, and sama-gāna have historically employed sound as a means of cultivating spiritual experience and communal harmony. These practices are founded upon the belief that vibration affects not only the physical senses but also the subtler dimensions of consciousness. Modern scientific investigations into the effects of music on the brain, emotional regulation, and psychological well-being provide intriguing points of convergence with these ancient insights. While scientific explanations differ from spiritual interpretations, both acknowledge that sound possesses a remarkable capacity to influence human experience in profound ways. (metainnovateybnjournal.com)

The idea that reality itself may possess a fundamentally musical character has inspired thinkers throughout history. Philosophers from both Eastern and Western traditions have described the universe as a form of cosmic harmony governed by mathematical and vibrational relationships. In the Indian context, the notion of Nāda Brahma expresses this vision with particular clarity, suggesting that all creation emerges from and remains sustained by primordial sound. Contemporary scientific theories, though formulated in very different languages, often reveal a universe structured by frequencies, oscillations, and patterns of resonance. Whether examining the behaviour of subatomic particles, the dynamics of electromagnetic waves, or the large-scale processes of cosmology, modern physics repeatedly encounters phenomena that can be described in terms of vibration and rhythm. Such observations do not confirm spiritual doctrines, but they reinforce the idea that vibrational processes are fundamental to the organisation of nature. (mail.rrjournals.com)

Another important aspect of this dialogue concerns human perception itself. Both quantum physics and Indian spirituality challenge the assumption that reality is simply what appears before the senses. Quantum theory demonstrates that the world revealed by everyday perception differs dramatically from the strange and probabilistic behaviour observed at microscopic scales. Likewise, Indian philosophical traditions argue that ordinary awareness captures only a limited aspect of reality, while deeper levels of understanding become accessible through disciplined inquiry and meditation. Music, once again, serves as an illuminating example. A listener may hear a melody as a seamless whole, yet scientific analysis reveals an intricate interplay of frequencies, harmonics, and neurological processes operating beneath conscious awareness. In this way, music reminds us that reality often possesses layers of complexity extending beyond immediate perception.

The continued exploration of these themes holds significant value for contemporary society. Modern life is frequently characterised by fragmentation, specialisation, and the separation of knowledge into distinct disciplines. Science, philosophy, spirituality, and the arts are often treated as independent domains with little meaningful interaction. However, the dialogue between quantum physics, Indian spirituality, and music demonstrates the benefits of a more integrative approach. Such conversations encourage intellectual humility by recognising that no single perspective possesses a complete understanding of reality. They also foster creativity by revealing unexpected connections between fields that are typically considered unrelated. Interdisciplinary inquiry can therefore enrich both scientific and spiritual discourse while deepening our appreciation of music as a universal human phenomenon.

At the same time, maintaining critical rigour remains essential. Genuine dialogue requires acknowledging differences as well as similarities. Scientific theories must continue to be evaluated through empirical evidence and mathematical consistency, while spiritual insights must be appreciated within their own philosophical and experiential frameworks. Oversimplified attempts to merge these domains risk misrepresenting both. The goal is not to claim that quantum physics proves ancient spiritual teachings or that spiritual traditions anticipated modern scientific discoveries. Rather, the objective is to recognise that both traditions grapple with enduring questions about existence, consciousness, and the nature of reality. Their points of convergence become valuable not because they establish definitive answers but because they stimulate deeper reflection and broader understanding. **(Reddit)**

In conclusion, the dialogue between quantum physics and Indian spirituality reveals a remarkable convergence around themes of energy, vibration, interconnectedness, and cosmic harmony. Quantum theory portrays matter as dynamic energy organised through oscillatory processes, while Indian spiritual traditions describe existence as the manifestation of primordial sound and consciousness. Music stands at the intersection of these perspectives because it embodies vibration in a form that is simultaneously physical, emotional, intellectual, and spiritual. Through music, abstract concepts become tangible experiences, allowing individuals to encounter the principles of resonance, harmony, and interconnectedness directly. Although scientific rigour demands a clear distinction between empirical theories and metaphysical interpretations, the parallels between these traditions offer valuable insights into humanity's ongoing effort to understand the universe and our place within it. Whether viewed through the mathematical language of quantum physics or the contemplative wisdom of Indian spirituality, reality appears less like a collection of separate objects and more like an immense symphony of energies, frequencies, relationships, and resonances. Within this grand cosmic music, every particle, every living being, and every note contributes to the unfolding expression of a unified vibrational reality. **(mail.rrjournals.com)**

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