



Hello all,

Welcome to Coherent Breathing®, Volume 4, Issue 1, November, 2025: *Suspending Disbelief*.

My writing has been slow this year. Instead of writing I've been studying. I've been on a thrilling educational journey into the world of quantum physics and reality as it is presently understood. It's been extremely fascinating and has helped me immensely, personally and experientially. We're taught that we experience the world through our senses, sight, smell, taste, touch, hearing. And we experience ourselves via interoception, proprioception, nociception, and many other specific internal stimuli. After all, what is life if not for our experiences of it? Of course, this is the conundrum – we cannot know the world we live in directly, but only through what our senses tell us about it. This includes our minds.

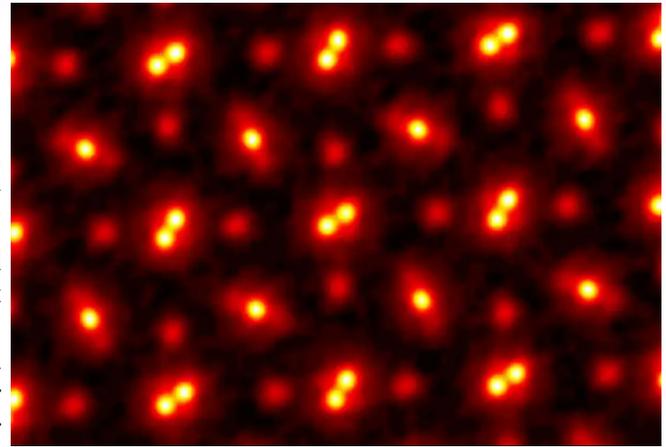


Figure 1: Reconstructed image of a scanning electron microscope recording atoms vibrating in a crystal at 100 million times magnification. [\(Cornell Chronicle\)](#)

A principal interest of mine is the matter of “oneness” and the experience thereof. Of course this is the foundational idea and meaning of yoga, *union*. My personal practices have focused heavily on cultivating union, where my approach to it has been “dissolution”. Many may have read my writings on this topic. My principal approach has been the practices of Coherent Breathing and Wuji Qi Gong, which in combination cultivate the necessary conditions – principally, energy and resonance. When we establish the necessary postural alignment and place our mind on the navel, the manipura chakra – manipura meaning “city of jewels” in Sanskrit – as we breathe coherently, it opens all of the channels/meridians in the body such that energy flows freely and expansively. This “expansion” involves developing a sphere of bioenergy that grows ever larger as our practice continues. As it does, we begin to lose the distinction between ourselves and the world around us. We are no longer contained within our skin. By combining and cultivating these practices, we “dissolve”, body, mind, and spirit. Many meditators and yogis may have experienced this – what the classics describe as a quintessential outcome of yogic practice. Samadhi means “integration”. Quantum physics theory says that everything in the universe is “one”, that our perception of things as being discrete objects, including our own body and sense of self are in fact illusory. It is this with which we become one...

I've been working with dissolution for many years now. I first experienced it at 30,000 feet when I was poring over *The Shiva Sutras* on a flight from Ottawa to Montreal where I had a moment of complete oneness – a wake-up call if you will. I began the practice of Wuji Breathing in 1995. I don't remember which came first. Of course Dr. Meng-Sheng Lin and I authored [Wuji Qi Gong & The Secret Of Immortality](#) in 2013, elucidating the magic method. Anyway, I have experienced “oneness” many times now and can do so at any time circumstances permitting. We can think of this as a type of fusion that occurs when one practices both Coherent Breathing and Wuji Qi Gong over a period of time. At its most fundamental level, I consider it a function of cultivating resonance and “attaching ones attention to the navel”. Here I am not referring to the location of the chakra per se, nor the dantien. I am referring to the navel literally. This method was made clear to me in 1995 with the reading of *Wuji Breathing Exercise*. At this point in my life I'd practiced numerous chakra and dantien centric meditations but I had not employed the navel as my primary focus. Why had I not discovered this before 1995? The answer is that there is a prerequisite – this being postural resonance, which Wuji Breathing Exercise also articulates. When the posture is not resonant, we don't notice anything exceptional when we place our mind on the navel. When our posture is resonant, the navel opens like a gate. Personally, I consider the navel dvadashanta to be the ethereal umbilicus which continues to exist after birth. My present take on resonant posture is that it is the sushumna that resonates (along with the rest of the body) like a string strung between heaven and earth.

I have worked with this notion for many years, *believing* it to be so. My study of quantum physics theory has strengthened my experience with oneness and my confidence in the truth of it. With this, I've realized that there has been an impediment, this being a lingering shred of doubt and skepticism. Being scientifically minded, the



science of quantum mechanics is what I needed to know. This is the important point of this article. This year, I have learned to “suspend disbelief”, taking my big toe off the brake.

Quantum physics theory explains that the universe as it is known is in fact – “one”, even though the appearance of things as we know them is as discrete, tangible, physical...While theorized for well over 100 years, this scientific understanding has been confirmed in the last 50 years using particle colliders, the Large Hadron Collider, CERN, in Geneva being the largest. Interestingly, this LHC project was begun in Waxahachie, Texas in 1991, but was cancelled in favor of funding the International Space Station budget. This was after almost 15 miles of the planned 54 miles of tunnelling had been completed. Particle colliders have provided the window into atoms, the particles that make up atoms: what are they, what is their behavior, what is their function, what is their physical/mathematical description? A key part of the quest was to find the elusive Higgs boson, theorized in 1964, the field that functions to give other particles mass, without which nothing in the universe would have united to form objects with mass. The Higgs boson was finally detected in 2012 at CERN. Its discovery completes what is referred to as The Standard Model of quantum physics.

Via the understanding of matter at the subatomic scale gained, it is found that it defies our understanding of matter at the macroscopic scale, which leads to the conclusion that our macroscopic impression of reality is in fact illusory. “Mass” is a function of energy – they are 2 sides of the same coin, hence, $E=mc^2$, or conversely, $m = E/c^2$. Objects that we observe exist in form because of their energy. If an object is stationary, it is because of its inertial energy. In any case, no matter what the object, if we zoom in far enough it is found that it is comprised of emptiness.

The physics of Isaac Newton (17th century), now known as Newtonian physics is that of the macroscopic. As scientists of the 20th century began unraveling matter, peering ever deeper into the secrets it revealed, they discovered that it isn't at all what it appears to be. Our senses may perceive it as substantial, but in reality it is empty of “substance” and consists of oscillating quantum electric fields. This description of quantum behavior was given the name quantum field theory (QFT) by Paul Dirac who laid the theoretical foundations for both QFT and later, quantum electro-dynamics (QED). Dirac shared the 1933 Nobel Prize in physics with Erwin Schrödinger, famous for the thought experiment widely known as Schrödinger's cat, which posits that quantum phenomena exist in a “superposition” defined by their wave function until observed. For example an electron associated of an atom in my teacup may be here and simultaneously anywhere else in the universe according to it's wave function. Its location is not known until it is observed. This is the conundrum of quantum physics, where early models of atoms assumed that electrons for example, associated with an atom orbited the nucleus like planets orbit the sun, instead they are anywhere and everywhere until we observe them, according to their wave function. This is true for all subatomic “particles”, they exist adeterministically until observed. The likelihood of finding an electron in a given location when observed is governed by probability.

There are two interpretations regarding this determination, the Copenhagen Interpretation and the Many-Worlds Interpretation. Using Schrodinger's Cat, The Copenhagen interpretation posits that the wave function of the system affords that the cat in the box is both alive and dead until the box is opened, the cat is observed, the wave function collapses, and the cat is found to be either alive or dead. The Many-Worlds interpretation says that upon observation, the wave function does not collapse but the universe branches in two, in one universe the cat is alive and in the other it is dead. Both interpretations are consistent with experimental results. Quantum physics suggests that the reality we experience is in fact an emergent hologram thought to be produced and evolved by an infinite number of observations by conscious beings, that observation/perception of time and space are illusory. That, if a tree falls in the forest, and there is no conscious observation, it doesn't really happen. Theory goes on to say that the world as we know it is a vast and growing panorama of observations by conscious entities. It's alot to take in.

As I have been striving to immerse myself *without doubt*, my life has taken on a magical quality. I am beginning to consider the brain as a sense organ, both a receiver and a transmitter of information in a quantum world. I am experiencing frequent synchronicities, many of which are clearly quantum entanglements with the minds of those with whom I am working closely. It seems that my mind is opening...

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