

Tapping the Potential of Oneness using the Mold of Oneness

 Vijayaraghavan Padmanabhan

Former Professor of Medicine, Madras Medical College, Chennai. Former Associate Professor of Medicine, ESIC Medical College, Chennai, India

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Abstract

The 'self' of an individual is the consciousness of the waking state. 'Inner self' or 'pure consciousness' is experienced during the state of deep sleep, when there is only 'oneness'. 'Pure consciousness' is the 'core reality' of one's being, as evidenced by one's own daily experience of deriving bliss, clarity and freshness from this 'oneness'. Collective intelligence studies have confirmed similarity in the oneness experience. The waking state consciousness can then be perceived to be a 'derivative' of this oneness within. The physical phenomena can be shown to fit into the domain of oneness. The universal physical constants appear to be consequent to the over-arching domain of oneness. The subjective and objective perceptions of physical, biological and sociological phenomena perceived in the waking state, can all be shown to fit into the 'mold of oneness'. All human problems and conflicts should be eventually resolvable through dissemination of knowledge of 'view from oneness' and by being in tune with the 'mold of oneness'.

Keywords: consciousness, pure consciousness, oneness, view from oneness, mold of oneness, resolvable human problems.

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1. Introduction

In spirituality across different religions, 'love', is the underlying oneness. Across various branches of science, 'energy' is the underlying oneness. However, the absence of perception of a 'common oneness' between these two domains of oneness, has kept science away from spirituality, resulting in a mismatch between the two during their practical application. In science, objectivity is considered essential, while subjectivity needs to be avoided. In spirituality, subjectivity is the essence, while objectivity defeats the purpose. When the concept of development can mean either the objective material aspect or the subjective human aspect, differences in opinion become inevitable depending on one's perspective. Most of the problems of the world should be resolvable when this apparent mismatch between the objective and the subjective is overcome by viewing everything from a 'common oneness'.

2.1 The nature of consciousness

The quest to find a 'common oneness' that includes objective and subjective perceptions, is facilitated by comprehending the subtle connotations of the apparently straightforward word 'consciousness'. Here, three inter-related words are to be distinguished: conscious, conscience and consciousness. While being 'conscious' indicates perception of the environment by the mind and senses, the perception is through the subjective mind, which has 'conscience'. 'Consciousness' that underlies 'conscience' is more subtle.

The meaning of conscience becomes apparent when the mind, either rejects something to be inappropriate, or accepts something as appropriate. 'Consciousness' is comprehended by distinguishing one's state of mind at the moment of awakening after a 'good sleep', from the moment of awakening after a 'not so good sleep'. Here,

the contrast between the mind that is clear and the mind that is clouded, reveals the meaning of 'consciousness': it is the reality perceived in the waking state.

At the moment of awakening from a good sleep, when the 'consciousness' is clear, there is a feeling of 'oneness' and the still lingering 'bliss of deep sleep' or 'feeling of love' that is felt within one's being. One can perceive that this bliss is accompanied by clarity of mind and freshness of body, that may persist for some time until perception of multiplicity during the waking state sets in. If it is a 'not so good sleep', then oneness and the bliss may be lacking, with the mind and body lacking clarity and freshness even at the start of the waking state; the 'feeling of connection with everything' derived from the feeling of 'oneness', seems to be distant. Though the experience of oneness is personal, there are studies in psychology to describe this experience using collective intelligence (Michael Hogan, 2020), to which most people can relate to.

2.2 'Consciousness' and 'pure consciousness'

Thus, the 'self' of an individual is one's waking state consciousness, the quality of which depends on the quality of sleep. This understanding from one's own daily experience, leads to the concept of 'inner self' or 'pure consciousness', which is the subtlest (Karsten Ramser, 2024). It is experienced during the state of deep sleep, when there is no mind, or the senses, but only oneness. Many individuals are able to remember this abstract state of pure consciousness or oneness, even after waking up from a good sleep, before becoming engrossed with the perceived multiplicity. Meditation is a method of consciously reaching out to this oneness and the accompanying bliss, which is reached effortlessly during deep sleep.

On waking up, as well as after coming out of meditation, the abstract oneness is soon forgotten, unless the oneness becomes associated with a form, sound or a situation. Whenever this 'associate' of oneness is remembered, it helps one to reconnect with the oneness within and the accompanying bliss, clarity and freshness. The symbols, idols, songs and places of worship of various religions, act as 'associates' and serve the purpose of reconnecting with the oneness within.

2.3 The bliss of merging with oneness

The quality and functioning of the waking state depend on how close the 'self' is able to reach the oneness of 'inner self'. When the 'self' merges with the 'inner self',

there is the perfect bliss of oneness, which the individual longs to enjoy during sleep. Even a moment's experience of oneness of deep sleep is enough to derive the bliss, clarity and freshness. When the sleep is not so good, with persistent thoughts in the mind, the 'self' remains away from the 'inner self', multiplicity persists in the form of dream state, and there is lack of bliss, clarity and freshness upon waking up.

2.4 The core of one's being

Thus, the truth of 'pure consciousness' or oneness as the 'core of one's being', lying deep within, is evident from one's own experience. The spirit, mind and the body yearn for this 'pure consciousness' within, with its inexhaustible supply of bliss, clarity and freshness. Without the periodic merging of 'consciousness' with 'pure consciousness' during the deep sleep state, the spirit, mind and the body fail to be nourished from within, with resulting loss of vitality in the individual's life. It can be surmised that the same 'pure consciousness' lies at the core of all individuals, given the identical effect of providing bliss, clarity and freshness to the waking state consciousness in every individual, following a good sleep.

2.5 The waking state consciousness and the manifestation of qualities

So far, we have seen how the 'inner self' or 'pure consciousness' or oneness exists as the core reality in an individual's life, lies deep within, and into which the 'self' seeks to merge periodically for invigoration and sustenance. The oneness of 'inner self' is fundamental, mysterious, blissful and unfathomable. It is the natural culmination for the waking state consciousness upon reaching the deep sleep state, with a variable dream state in between.

After emerging, the waking state consciousness starts perceiving multiplicity and interacts with the environment depending upon its dominant quality (or attribute). There are three qualities that are inborn within every individual, and are expressed by the waking state consciousness, viz. the active, the passive and the serene (Abhi Garg, 2025). These normally maintain a balance between each other. The 'active' quality urges the individual to pursue action with dynamism. The 'passive' makes one to avoid problems and prefer apathy and inertia. The 'serene' quality helps one to consider matters calmly and pursue action with balance. All matters in the waking state are influenced by the proportion in which

these three qualities manifest themselves, at the individual and collective levels.

2.6 The outward view

Since we are used to viewing everything from the apparent reality of the waking state consciousness, we assume it to be the basic reality, and try to understand matters from a point of view that is directed 'outward' from the senses and the body. Thus, objective outward view has come to be considered as more real than the inward subjective view. Scientific enquiry based on this outward view, supported by logic and objective evidence, suggests that life originated when the right type of conditions, along with the right kind of elements, came to exist on earth. Such a narrative states that, through the process of evolution, more complex life forms came into existence.

Further, it is described that countless chemical processes within innumerable neurons, have given rise to the emergent phenomenon of consciousness, which was initially primitive. With evolution, consciousness in the human being attained the capacity to become conscious of its own consciousness. Such an understanding of the

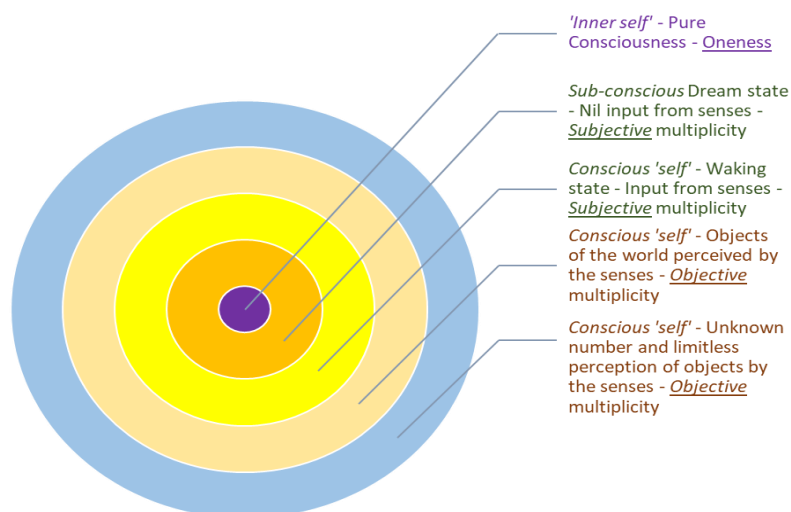
origin of waking state consciousness or 'self', suggests that its root of origin is from physical elements interacting under suitable conditions.

Moreover, we have discovered physical laws of nature that seem to be precise and capable of explaining the natural phenomena and the world of living and non-living, further reinforcing the correctness of the objective outward view.

2.7 The 'view from oneness'

However, as described earlier, when the 'core reality of oneness' is recognized within, the waking state consciousness can be perceived to be a 'derivative' of this oneness. Similarly, the objects perceived and the laws of nature discovered through the senses and the body during the waking state, would all be 'derivatives' of this oneness within. For the individual who is aware of and is connected with one's own core reality of oneness during the waking state, there is a combined awareness of everything perceived by the waking state consciousness, along with the 'pure consciousness' within, as the 'source' for everything. (Figure 1)

Figure 1: View from Oneness



The physical universe that is perceived through the senses, can be shown to fit into the domain of oneness of the 'source' within, through the following objective phenomena: 'universal gravitational attraction' between all objects, consequent to the origin of everything from the oneness within; 'quantum probabilistic nature' of all physical laws consequent to the uncertain nature of the oneness within; and the 'limitless extent of the objective universe' consequent to the unfathomable nature of the

oneness within. The universal physical constants appear to be consequent to the over-arching domain of oneness.

Further, for the view from oneness within, there is no subjective inward or objective outward view. For the 'pure consciousness' everything is 'one'. This is reflected as the physical property of oneness of the 'photon', brought out by Einstein's Theory of Special Relativity. Accordingly, the speed of light being constant, when an

object moves closer to the speed of light, time slows down and distances shrink. Consequently, for the photon that moves at the speed of light, both time and distance become zero and the photon perceives itself as 'one', existing everywhere at the same instant (Don Lincoln, 2023). Such a 'view of oneness' for the photon, arrived from the physical law, corresponds to the 'view of oneness' that is perceived from within.

2.8 As is the mold, so is the product

The objective universe and its physical laws appear to be 'cast' in the 'mold of oneness' of the 'source' within. The properties of light perceived in the objective world, mirror that of oneness that is perceived from within. In addition, the fact that light is found to behave both as a wave and a particle, appears to reflect the fact that the oneness within can be perceived both as a 'formless' entity as well as in association with a 'form'.

The intricate physical laws appear to fulfil the need for fitting into the 'mold of oneness' of the 'source', and are consequential and inevitable. Thus, the mysterious objective phenomena of the universe, which appear to function on the basis of intricate laws discoverable through scientific logic, are not due to any incidental interplay of various physical laws.

2.9 Evolution and reproduction as seen in 'view from oneness'

Just as emergence from oneness of deep sleep, into the multiplicity of waking state consciousness happens at the individual level, at the universal level the 'many' have emerged from the 'primordial one' or 'universal pure consciousness'. Each of the many 'bits of consciousness', passing through various 'vehicles' of physical bodies acquired from the mysterious 'pure consciousness' itself, expresses its innate potential. After undergoing a process of learning by trial and error, and through various life experiences, the individual consciousness gets transformed into a more developed state of consciousness. Reproduction of a species appears to facilitate the evolving consciousness, that is disembodied after death of the physical body, to find an appropriate new 'vehicle' to continue with the process of evolution.

2.10 Spiritual intelligence of consciousness is a reflection of 'mold of oneness'

The journey of consciousness towards oneness occurs on a lifetime basis towards the 'primordial one', as well as

on a day-to-day basis towards the 'inner self' through the sleep-wake cycle. This innate spiritual intelligence of consciousness that seeks oneness, reflects the 'mold of oneness'.

Expression of consciousness from oneness, occurs through its two constituents of 'logic' and 'feeling'. This process is subconscious except in human beings, who become aware of their spiritual intelligence in the form of 'conscience'. In the human being, the two constituents of logic and feeling are expressed in the waking state consciousness as 'cognitive intelligence' and 'emotional intelligence', which help to form the 'outward view'. When logic and feeling are in equal proportion, there is no bias towards either of the two and there is manifestation of spiritual intelligence in the form of wisdom, understanding and peace, reflecting the origin from oneness.

This expression of spiritual intelligence from oneness correlates with the observation in neuroscience where IQ (cognitive intelligence) involves serial processing by the left brain, EQ (emotional intelligence) involves parallel processing by the right brain and SQ (spiritual intelligence) involves synchronous processing by both sides of the brain (Richard Griffiths, 2025).

Thus, the spiritual intelligence of seeking oneness and expression of oneness, on a life-time basis as well as on a daily basis, are a reflection of the 'mold of oneness' that underlies various biological phenomena in nature.

2.11 Degree of closeness to oneness determines the qualities underlying behavior

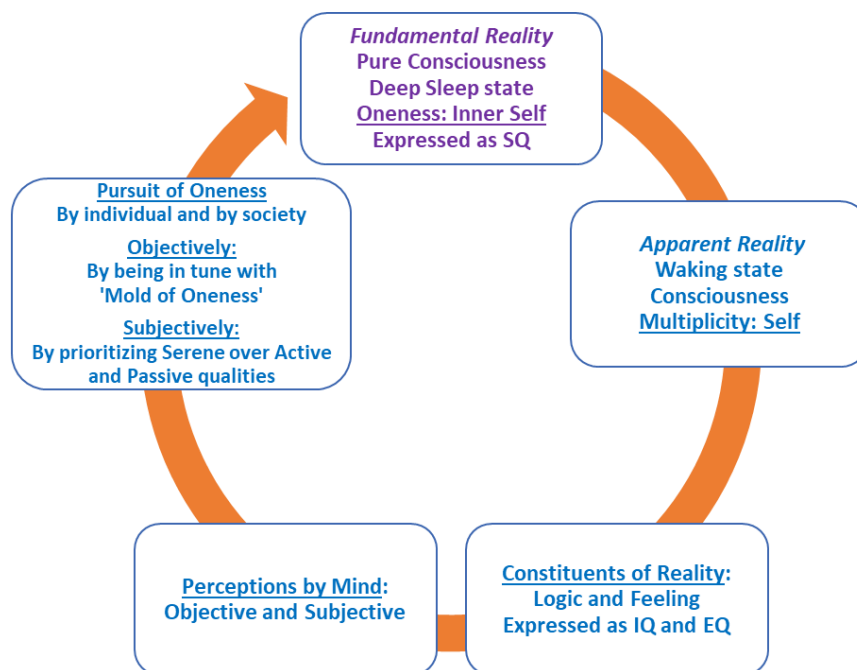
There is a relationship in the case of sociological phenomena with respect to oneness. This is perceivable as behavioral characteristics of individuals and the human society as a whole. While the waking state consciousness perceives multiplicity in accordance with the balance between the three qualities (active, passive and serene), their proportion seems to be a reflection of the individual's 'degree of closeness' to the oneness within.

Farther the individual's waking state consciousness is from oneness, more would one believe in the 'separateness' of everything and more would be the 'active' and 'passive' qualities. When most of the individuals have dominant 'active' and 'passive' qualities, aggression and apathy prevail in the society. Problems can multiply leading to perpetual conflicts.

Nearer the waking state consciousness is to oneness, more would one perceive 'sameness' and more would be the 'serene' quality. Readiness to render help to those in need will be a prevailing trait, and more likely would the

world be considered as one family. Nurturing of 'serene' quality in the society will be considered to be a priority. Problems will tend to get resolved and conflicts avoided. (Figure 2)

Figure 2: Cycle of Oneness



2.12 Role of faith in the reality perceived

If the waking state consciousness is assumed to be the basic reality, then we have the 'outward view' of physical elements being the basis of everything. When 'pure consciousness' or 'inner self' is considered fundamental, as evidenced by one's own experience of oneness within, then we have the alternative interpretation of everything being based as per the 'view from oneness'.

If there is faith in one's own experience, then the 'core reality of oneness' within is grasped, and is perceived to be the basis of everything. If faith in one's own experience is lacking, then the 'outward view' appears compellingly true, as it is supported by 'objective' evidence.

People tend to alternate between 'outward view' and 'view from oneness' depending on the circumstances. The reality that is perceived is a mix of 'outward view' and 'view from oneness'. Finally, it is the faith or the lack of it, that determines the reality that one perceives.

2.13 Implications of 'view from oneness' and the knowledge of 'mold of oneness'

The 'view from oneness' is based on the individual's

experience of one's own 'core reality of oneness', and strengthened by studies showing similar shared experience using collective intelligence (Michael Hogan, 2020). It is further corroborated by 'measurably different default mode network activity', captured by neuroscience, in those who frequently feel a 'sense of oneness' with the universe (Sameen David, 2026).

Recognizing the universal domain of oneness points to the corollary of 'mold of oneness' that underlies physical, biological and sociological phenomena. This can lead to a more purposeful development of science and technology, as well as more meaningful use of the natural and human resources, that is in tune with the 'mold of oneness' that exists in nature.

Ignorance of the 'mold of oneness' and neglect of the underlying spiritual intelligence that seeks oneness, leads to inappropriate use of resources and eventual wastage of human effort. Humans can apply too much or too little of either 'logic' or 'feeling', unless they are themselves aware of the oneness within, and come up with solutions with equanimity, in tune with the 'mold of oneness' underlying various natural phenomena.

2.14 The role of Artificial Intelligence:

Artificial Intelligence (AI), which is based on ‘logic’ and is incapable of genuine ‘feeling’, cannot grasp oneness as humans do. The capacity to ‘feel’ for oneness may be mimicked through algorithms but there can be no innate ‘bliss’ or ‘feeling of love’ that instinctively seeks oneness. AI can thus add to the disruption caused by excessive logic already being used by humans. When AI is managed by people who are rooted in their own ‘core reality of oneness’ through their innate spiritual intelligence, usage of AI can be in tune with the ‘mold of oneness’, and be beneficial to all.

3 Conclusion

The assumption of waking state consciousness along with its multiplicity, to be the basic reality, leads to a variety of divisions, resulting in problems and never-ending conflicts. The separation of the objective from the subjective, though appearing natural, disappears when the ‘fundamental reality’ of oneness within every individual is grasped, based on the experience of one’s own core reality, as well as from recent findings in psychology and neuroscience. The objective and the subjective aspects of apparent reality can then be perceived to arise from a common source of oneness, which provides the ‘mold of oneness’ for various physical, biological and sociological phenomena. Knowledge of this universal domain of oneness makes understanding of different meanings, based on whether one takes an objective or subjective perspective, unsustainable. All human problems and conflicts should then be eventually resolvable through dissemination of knowledge of ‘view from oneness’ and by being in tune with the ‘mold of oneness’.

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