THE OLD AND NEW PARADIGMS
by Deepak Chopra
Power Freedom and Grace

THE OLD PARADIGM:
The superstition of materialism says that we are separated from our source and from one another.

THE NEW PARADIGM:
The unified theory of pure consciousness says that we are connected to our source and to one another.

THE OLD PARADIGM:
The world is composed of visible, solid matter and invisible, nonmaterial energy.

THE NEW PARADIGM:
The world is composed of one underlying, unmanifest field of intelligence that manifests as the infinite diversity of the universe.

THE OLD PARADIGM:
Sensory experience – what we can see, hear, smell, taste, or touch – is the crucial test of reality.

THE NEW PARADIGM:
The field of intelligence experienced subjectively is the mind; the same field experienced objectively is the world of material objects.

THE OLD PARADIGM:
Solid objects, or visible clumps of matter, are separate from one another in space and time.

THE NEW PARADIGM:
“Solid” objects are not solid at all, nor are they separate from one another in space and time. Objects are focal points, or concentrations of intelligence, within the field of intelligence.

THE OLD PARADIGM:
Mind and matter are separate, independent entities.

THE NEW PARADIGM:
Mind and matter are essentially the same. Both are the offspring of the field of pure consciousness, which conceives and constructs the whole world.

THE OLD PARADIGM:
The body is a physical machine that has somehow learned how to think.

THE NEW PARADIGM:
Infinite consciousness somehow creates the mind and then expresses itself as the body. The body-mind is the field of pure consciousness itself.

THE OLD PARADIGM:
Human beings are self contained entities with well-defined edges to the body.
THE NEW PARADIGM:
Human beings are inseparably interconnected with the patterns of intelligence in the whole cosmos. At the most fundamental levels of nature, there are no well defined edges between our personal body and the universe.

THE OLD PARADIGM:
The human body is composed of matter frozen in space and time.

THE NEW PARADIGM:
The human body-mind is a changing, pulsating pattern of intelligence that constantly re-creates itself.

THE OLD PARADIGM:
Our needs are separate from the needs of other living beings.

THE NEW PARADIGM:
Our needs are interdependent and inseparable from the needs of other living beings.

THE OLD PARADIGM:
The external world is real because it is physical. Our internal world is unreal because it exists in the imagination.

THE NEW PARADIGM:
The external world and the internal world are the projections of one Being, the source of all creation. Both are patterns of movement of energy within infinite consciousness.

THE OLD PARADIGM:
The superstition of materialism says that we live in a local universe.

THE NEW PARADIGM:
The unified of pure consciousness says that we live in a nonlocal universe.

THE OLD PARADIGM:
Location in space is an absolute phenomenon.

THE NEW PARADIGM:
Everything in the cosmos is nonlocal, meaning we can’t confine it to here, there, or anywhere.

THE OLD PARADIGM:
Location in space exists independently of an observer.

THE NEW PARADIGM:
Location in space is a matter of perception. Near or far, up or down, and east or west are only true from the vantage point of the observer.

THE OLD PARADIGM:
The thinking mind is localized in the brain, and the body’s intelligence is localized in the nervous system.

THE NEW PARADIGM:
The thinking mind is part of a vast field of nonlocal intelligence that extends far beyond the reaches of the cosmos. The body’s intelligence comes from the same nonlocal field.

THE OLD PARADIGM:
The superstition of materialism says that we live in a time-bound universe.

THE NEW PARADIGM:
The unified field of pure consciousness says that we live in a timeless universe.

THE OLD PARADIGM:
Time is an absolute phenomenon.

THE NEW PARADIGM:
Time is a relative phenomenon. Physicists no longer use the word *time*, they use the term *space-time continuum*.

THE OLD PARADIGM:
Humans are entangled in a vast web of time that includes past, present, and future.

THE NEW PARADIGM:
There is no past or future, then and now, before or after; there is only the eternal moment. Eternity extends backwards and forwards from every moment.

THE OLD PARADIGM:
Time exists independently of an observer.

THE NEW PARADIGM:
Time only exists in the mind of an observer. Time is a concept, an internal dialogue we use to explain our perception of experience of change.

THE OLD PARADIGM:
Things happen one at a time. The world operates through linear cause-effect relationships.

THE NEW PARADIGM:
Everything happens simultaneously, and everything is correlated and instantly synchronized with everything else.

THE OLD PARADIGM:
How we interpret our experience of time has no effect on our physiology.

THE NEW PARADIGM:
How we interpret our experience of time brings about physiological changes in our body. Entropy and aging are partly an expression of how we metabolize or interpret time.

THE OLD PARADIGM:
The superstition of materialism says that we live in an objective universe.

THE NEW PARADIGM:
The unified field of pure consciousness says that we live in a subjective universe.
THE OLD PARADIGM:
The world “out there” is completely independent of an observer.

THE NEW PARADIGM:
The world “out there” does not exist without an observer; it is a response of the observer. Through the act of observation, we construct the world we live in.

THE OLD PARADIGM:
Observation is an automatic phenomenon. Our senses are capable of interpreting an objective reality in an objective manner.

THE NEW PARADIGM:
We live in a participatory universe. We learn to interpret the world through our senses, and this brings about our perceptual experiences.

THE OLD PARADIGM:
Our inner world and our outer world are dependent upon our relationships, our environment, and the situations and circumstances around us.

THE NEW PARADIGM:
Our inner world and our outer world interdependently co-arise depending on the level of vibration of our spirit.