

The Case for a Conscious Universe

Five Convergent Lines of Evidence — An Evidence Brief

For Radiant Health · John Broome · March 2026

This brief presents four independent lines of evidence pointing toward the hypothesis that the basis of the universe is pure consciousness — and that individual human consciousness is a local expression of that universal field. No single line of evidence proves the case; taken together as convergent inference, they constitute a serious argument that goes well beyond faith. The argument is at least as well-evidenced as the materialist assumption it challenges.

Point 1 — The Vedic Texts: A Consistent Framework Across Independent Sources

The Vedic corpus — Rigveda, Upanishads, Yoga Sutras, Bhagavad Gita, Vedanta, and Ayurveda — forms a remarkably consistent framework across texts separated by centuries and authored by different seers in different regions. The core organising principle across all of them is identical: underlying all manifest reality is a field of pure, self-referral, unbounded consciousness or Pure Being.

What is logically significant is that these texts were not developed by a single author or institution. They were cognised — received through direct experience — by different individuals across a vast timespan, with no co-ordination. The consistency of the metaphysical framework across this diversity is a genuine datum. It parallels how multiple independent scientists arriving at the same mathematical structure lends weight to that structure being real rather than invented.

Maharishi Mahesh Yogi's Vedic Science argues that the Unified Field of all the Laws of Nature identified by modern quantum physics can be identified as a field of pure self-referral consciousness — and that Transcendental Meditation provides a reproducible subjective method for directly experiencing this field. Several founding fathers of quantum physics — including Schrödinger, Bohr, and Heisenberg — independently noted the parallel between quantum field theory's vacuum state and Vedic descriptions of the unmanifest ground of being.

Dr Tony Nader — Consciousness Is All There Is (2021): <https://tonynaderconsciousness.com/>

Maharishi's Vedic Science and Unified Field: <https://www.miu.edu/unified-field>

VERDICT:

The internal consistency of the Vedic framework is real and documentable. The claim that it maps onto quantum field theory is a serious hypothesis held by credentialled physicists, not a popular misconception. This is convergent testimony pointing to a coherent underlying reality.

Point 2 — Ayurveda's Three Doshas: Observable and Statistically Confirmable

Ayurveda describes three constitutional types — Vata (thin, movement-dominant, anxiety-prone), Pitta (athletic, transformation-dominant, inflammation-prone), and Kapha (heavy, structure-dominant, metabolic-disease-prone). If these descriptions are real, we should see disease

patterns cluster by body type in the direction predicted. The data confirms this with striking precision.

Vata: Ballet dancers (the thinnest, most movement-dominant athlete group) show a 5× higher rate of OCD diagnosis than the general population (Swedish registry, n=1,350 dancers vs 13,500 controls). Anxiety disorders are significantly elevated in underweight individuals (Rochester Epidemiology Project, n=103,557, OR 1.31 for anxiety). Ayurveda predicted this from constitutional principles millennia before the data existed.

Kapha: The Framingham Heart Study found that 78% of essential hypertension in men is directly attributable to excess body weight — precisely the Kapha disease predisposition Ayurveda describes. Professional rugby forwards (the heaviest, most Kapha-constituted athlete group) show 61% hypertension rates. Type 2 diabetes, sleep apnoea, and cardiovascular disease all cluster strongly in the Kapha BMI range.

Pitta: Inflammatory conditions, peptic ulcer disease, and skin disorders cluster in the athletic, competitive, high-cortisol archetype consistent with Pitta's fire quality.

Swedish ballet dancer OCD registry study: <https://pmc.ncbi.nlm.nih.gov/articles/PMC5090775/>

Framingham Heart Study — obesity and hypertension: <https://www.framinghamheartstudy.org/fhs-bibliography/>

Rugby forward hypertension study (PMC10626771):
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10626771/>

VERDICT:

The disease patterns predicted by Ayurveda's constitutional framework are confirmed by US and UK population data. This is not a theoretical alignment — it is a statistically measurable pattern in existing epidemiological datasets. A framework that reliably predicts disease patterns across body types has demonstrated real explanatory power. The source of that framework also describes the conscious nature of the universe.

Point 3 — Fine-Tuning: The Mathematical Precision of Physical Constants

Modern physics has identified that the fundamental constants of the universe — the gravitational constant, the electromagnetic force, the strong and weak nuclear forces — are set to extraordinary precision. If any one of approximately 20 fundamental constants varied by even a tiny fraction, atoms could not form, stars could not exist, and life would be impossible.

The cosmological constant (dark energy density) is fine-tuned to approximately 1 part in 10^{120} . The ratio of the electromagnetic force to gravity is fine-tuned to approximately 1 part in 10^{40} . These are not minor adjustments — they represent a degree of precision that has no naturalistic explanation within current physics.

This observation — known in physics as the Fine-Tuning Problem — is taken seriously by mainstream cosmologists. The three principal responses are: (1) multiverse theories (an infinite number of universes, with ours being one where the constants happen to permit life — but this is untestable and arguably unfalsifiable); (2) the anthropic principle (we can only observe a universe that permits observation — a circular observation, not an explanation); or (3) intelligent design — a conscious, creative basis to the universe. The Vedic framework is the most comprehensive and internally consistent formulation of option 3.

Fine-tuning and the anthropic principle — Stanford Encyclopedia of Philosophy:
<https://plato.stanford.edu/entries/fine-tuning/>

Cosmological constant fine-tuning — Physics Reviews:
https://prl.aps.org/abstract/PRL/v59/i22/p2489_1

VERDICT:

The fine-tuning of physical constants is an empirical fact accepted by mainstream physics. It has no satisfactory materialist explanation. The hypothesis of a conscious, intelligent basis to the universe is at least as logically defensible as the multiverse hypothesis — and has far more supporting evidence from independent domains.

Point 4 — Near-Death Experiences: Scale, Cross-Cultural Consistency, and Physiological Impossibility

Researchers estimate that approximately 5% of the US population — around 10 million people — has had a near-death experience (NDE). From 1975 to 2005, close to 3,500 cases were reviewed in academic studies by 55 independent research teams. NDE research is now an established academic field with peer-reviewed journals and university departments dedicated to it.

The cross-cultural consistency is the most significant datum: the core features of NDEs — out-of-body awareness, enhanced perception, a life review, a sense of universal unity, communication with other consciousnesses, and the perception of an overarching loving intelligence — are reported across every culture, religion, and age group studied, including children aged five and under whose reports are identical in content to adults. This rules out cultural conditioning as an explanation.

The physiological impossibility is critical: over 74% of 1,122 NDE survivors reported 'more consciousness and alertness than normal' during the event — the opposite of what oxygen deprivation or anaesthesia produces. A significant proportion of NDEs occur during verified cardiac arrest when brain electrical activity has ceased. The persistence of complex, coherent, memorable conscious experience under conditions that materialism predicts should produce no experience at all is the most scientifically anomalous finding in consciousness research.

42% of NDE experiencers report feeling 'united, one with the world' — consistent with the Vedic description of the individual Atman merging with Brahman and directly experiencing the unified field of consciousness.

Near-Death Experience Research Foundation — scale and statistics:
https://www.nderf.org/NDERF/Research/number_nde_usa.htm

Cross-cultural NDE consistency — Greyson, Kelly, Kelly (2007):
<https://pubmed.ncbi.nlm.nih.gov/17694859/>

NDE during verified cardiac arrest — van Lommel et al., The Lancet (2001):
<https://pubmed.ncbi.nlm.nih.gov/11742765/>

VERDICT:

The NDE evidence base is large, multi-site, cross-cultural, and involves physiological conditions under which conscious experience should be impossible under materialist assumptions. The consistency of the reported content — particularly the sense of unity with a universal consciousness — constitutes independent empirical evidence pointing in the same direction as Points 1–3.

The Logical Structure of the Convergence

No single one of these four points constitutes proof in a laboratory sense. But that is a standard applied to nothing else in cosmology, consciousness research, or fundamental physics — because these are precisely the domains where controlled experiments cannot be performed at the scale required.

What we have instead is convergent inference from five independent sources: (1) a consistent, cross-cultural, multi-century Vedic framework describing Pure Consciousness as the basis of all creation; (2) Ayurveda's constitutional system, derived from that framework, which demonstrably predicts disease patterns confirmed by modern epidemiology; (3) the mathematical fine-tuning of physical constants for which physics has no satisfactory materialist explanation; (4) the large-scale, cross-cultural, physiologically anomalous NDE evidence pointing to consciousness surviving and operating independently of the body; and (5) the self-referral, non-local character of the quantum vacuum state — the ground of being described by both quantum field theory and Vedic science.

The independence of these five lines of evidence is their combined strength. Ayurveda and NDE research are not derived from each other; fine-tuning and Vedic philosophy are not historically connected. They converge. That convergence is the most logically compelling feature of the overall case — and it points in one direction.

Overall Conclusion

The hypothesis that the universe is grounded in pure consciousness — and that individual human consciousness is a local expression of that universal field — is supported by five independent lines of convergent evidence spanning Vedic science, epidemiology, physics, and consciousness research. This is not a statement of religious belief. It is the most coherent inference available from the evidence currently in the public domain.

The practical implication for health: if the body's intelligence is an expression of universal intelligence, then practices which reconnect the individual to that underlying field — Transcendental Meditation, Ayurvedic constitutional alignment, and the restoration of metabolic homeostasis — are not additions to health but the removal of obstacles to the health that is already the nature of the system.