

By David W. Copplestone

AI Overview

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The website **lookinfindout.com** is a minimalist digital space dedicated to Universal Consciousness, mindfulness, and spiritual awakening. [1]

The core message of the page encourages visitors to live in joyful awareness, practice daily gratitude, and recognize the interconnected "miracle" of existence. [1]

Key Content & Themes

- **Daily Mindfulness Practice:** The site features an uplifting quote by spiritual teacher Sadhguru, advising people to take a moment three times a day to pause, look up at the sky, and acknowledge their place in the universe. [1]
- **Philosophical Frameworks:** It explores deep conceptual topics such as **Universal Consciousness**, **Panpsychism**, and the **Universal Mind**. [1]

Curated Resources & Media

The page acts as a directory, linking to various video lectures and articles that bridge the gap between science, quantum mechanics, and mysticism. Notable referenced topics and speakers include: [1]

- **Max Planck's** theories on consciousness as the matrix of reality. [1]
- Physicist **Federico Faggin** on Quantum Consciousness. [1]
- Discussions on the intersections of science and faith featuring **Stephen Meyer, John Lennox, and James Tour**. [1]
- Deep dives into analytical psychology, specifically **Carl Jung's** commentary on *The Secret of the Golden Flower*. [1]
- Explorations of early Christian mysticism, including the **Gospel of Thomas**. [1]

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LOOKINFINDOUT™ Within you is the key to everything.

LOOKINFINDOUT™ is intended for those seeking to know themselves. Ourselves refers to our physical self, which we think of as our body, temporary in nature, and our spiritual self, which we think of as our mind or consciousness, eternal. It will include text and links to videos that the website builders have found enlightening in their experience of awareness and inner transformation.

Many of the greatest philosophers, scientists, and spiritual teachers throughout history have advised that if you are seeking answers to the most important mysteries, look inward, not outward.

Inner transformation

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Awaken in joyful awareness, aware of the miracles unfolding within and all around you. The very beating of your heart, the breath you take, the wind rustling in the trees, the massive planets held in an incomprehensible balance within an awesome cosmos. Akash. Bliss.

Three or more times a day, take a moment, put your hands together, look up at the sky, and acknowledge the miracle you are a part of as a blessed piece of life. It will change your life. (Sadhguru)

Familiar terms of reference are: Universal Consciousness, Panpsychism,

Max Planck's Universal Mind - Consciousness as the Matrix of Reality

<https://www.youtube.com/watch?v=B3O7Yth-dqM>

Federico Faggin: Quantum Consciousness | Panpsychism Explained

<https://www.youtube.com/watch?v=y0f56lgP-Tw>

Why Science Is Pointing Back to God

<https://www.youtube.com/watch?v=wpKllmlvhKY>

The Entire Gospel of Thomas: 114 Mystical Sayings of Jesus Explained

<https://www.youtube.com/watch?v=M2IWwS8lYnM&t=3345s>

Three Scientists on the Origins of Everything | Stephen Meyer, John Lennox, and James Tour

<https://www.youtube.com/watch?v=JW9gcjpt89o>

Consciousness & the Nature of Reality | Oxford University Cosmologist Dr. Jude Currivan & Sadhguru

<https://www.youtube.com/watch?v=6BzVXI323vc&t=4284s>

Sadhguru - How To Unleash The Supreme Consciousness

<https://www.youtube.com/watch?v=roJsc2ZnsME>

God Is Awareness Itself: The Christian Mystic Who Found God Within. Then Died https://www.youtube.com/watch?v=ZU9_EHhNTyQ

The Most Dangerous Book Ever Written About the Mind - Carl Jung's Golden Flower <https://www.youtube.com/watch?v=moTzIxc--b8>

Put your hands together, open out palms up, in appreciation and awareness of the love and unity that is our, possibility.

Continue your awakening process.

From Wikipedia, the free encyclopedia

The **universal**

mind, or **universal consciousness theory**, is a metaphysical concept suggesting an individuating essence of all beings and becomings in the universe. It includes the being and becoming that occurred in the universe prior to the emergence of the concept of [mind](#), or "persona" according to Carl Jung. This term refers to a singular, select consciousness within each being. The human aspect of universal (global) consciousness, in the opinion of Jacob Robert Davis, can network. It addresses psychological being and becoming. The interactions that occur in that process without specific reference to the physical and chemical laws that try to describe those interactions. Those interactions have occurred, do occur, and continue to occur. Universal consciousness is the source that underlies those interactions and the awareness and knowledge they imply.

Introduction

The concept of the universal mind was presented by [Anaxagoras](#), a [pre-Socratic philosopher](#) who arrived in Athens some time after 480 BC. He taught that the growth of living things depends on the power of mind within the organisms that enables them to extract nourishment from surrounding substances. For this concept of mind, Anaxagoras was commended by [Aristotle](#). Both [Plato](#) and Aristotle, however, objected that his notion of mind did not include a view that mind acts ethically, i.e., acts for the “best interests” of the universe.

The most original aspect of Anaxagoras's system was his doctrine of [nous](#) ("mind" or "reason"). A different Greek word, [gnósi](#) (knowledge), better reflects what is observed in the wider world of organic and inorganic beings than just the human world.

[Chu Ch'an](#) says, “The universal mind, therefore, is something to which nothing can be attributed. Being absolute goes beyond attributes. If, for example, it were to be described as infinite, that would exclude from it whatever is finite, but the whole argument of the book is that the universal mind is the only reality and that everything we apprehend through our senses is nothing else but this mind. Even to think of it in terms of existence or non-existence is to misapprehend it entirely.” pp. 8–9

The term surfaced again in later philosophy, as in the writings of Hegel. - Hegel writes:

α 377 The knowledge of Mind is the highest and hardest, just because it is the most 'concrete' of sciences. The significance of that 'absolute' commandment, Know thyself – whether we look at it in itself or under the historical circumstances of its first utterance – is not to promote mere self-knowledge in respect of the particular capacities, character, propensities, and foibles of the single self. The knowledge it commands means that of man's genuine reality – of what is essentially and ultimately true and real – of mind as the true and essential being.” [4]

Descriptions

There are no definitions of the Universal Mind, but two authors within the New Thought movement offer vague descriptions in superlatives such as omnipotence.

[Ernest Holmes](#), the founder of the [Science of Mind](#) movement:

The Universal Mind contains any knowledge. It is the potential ultimate of any thing. To it things are possible.^[1]

[New Thought](#) author [Charles Haanel](#) said of the universal mind and its relationship to humans:

The Universal Mind has unlimited resources at its command, and when we remember that it is also omnipresent, we cannot escape the conclusion that we must be a manifestation of that Mind.^[2]

The nature of the universal mind is said to be [omnipresent](#).^[3]

See also

- [Panpsychism](#)

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Orbiter Ball & Ring Toss



An Interactive Public Art Display
***Brainteaser *Peace Symbol *Divine Consciousness**

LOOKINFINDOUT™ Within you is the key to everything.

Look in to find out. To make the Orbiter mechanism work, visualize the swing, understand the forces involved, focus inward without distraction, and let it go. Take this process further.

Look inward to find out. Look within to discover that the answers to the big questions were within you all along. Your understanding of creation, its power and glory, and eternity grows exponentially as your awareness and appreciation of the gift of physical life and of the consciousness through which we perceive it deepen.

Many of the greatest philosophers, scientists, and spiritual teachers throughout history have advised that if you are seeking answers to the most important mysteries, look inward, not outward. For this thought experiment, we want to connect the mysteries of the infinite with the study of the Orbiter's swings, using the Orbiter as a symbol to remind players to look inward and avoid distractions caused by confusing thoughts.

The Orbiter's creator became familiar with these teachings as part of a search for truth, and in part to understand the origin of the conceptual thought behind his Orbiter Ball & Ring Toss game. Where did the idea come from? What was it for? Was it an answer to a questioning mind, a connection with universal consciousness? Was it meant to entertain, or to inspire a search for understanding and truth?

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LOOKINFINDOUT, founder, David W. Copplestone