

Collapsing the Wave: Creating New Realities

By Mel Schwartz

One of the most fundamental aspects of the weirdness of the quantum world is the fact that light has a somewhat schizophrenic nature. It has the dual capacity to exist either as a wave or a particle. This tendency is referred to as the wave/particle duality. This seemingly illogical notion is in direct opposition to our common sense of logic. Ordinarily, we believe that things either are, or are not. This is not the case here, however. As if this dual potential were not uncanny enough, it appears that when the light photon is not being observed it exists in wave form, but at the moment of observation, the wave collapses and becomes a particle. The observation actually summons the reality. Prior to making the observation the wave exists in a state of potentiality. That potential only becomes manifest into a particularity when we look at it. I have discovered that a similar phenomenon exists in our lives.

The imprints of certain childhood events which impact us so significantly are in fact wave collapses of our identity. Prior to hurtful or damaging experiences early in our lives, as children we have potentials similar to the wave that have not yet collapsed. Our lives are not yet determined or limited in the constraints of our self-images. Ordinarily, even a single quasi traumatic experience is sufficient to collapse the wave and become embedded in our psychic structure. The hurtful word or an embarrassing experience of childhood collapses our potential. It's as if we took a snapshot of ourselves that became frozen in time. And we carry this picture with us through our lives, burdening and limiting our emergence. The themes of such collapses may vary, but they are typically self-denigrating. I'm not good enough or smart enough or simply, I'm not loveable. Often, people cling to their habituated belief in accordance with their primary wave collapses. In spite of new events which might cause us to reconsider or re-evaluate our beliefs, we remain rooted in the way we see ourselves and block the opportunity for change. We tend to remain embedded in the groove of our self-referencing thoughts. These beliefs and images typically are borne out of early wave collapses.

Recently, a client shared that at the age of five he was told by his mother that he was stupid. Shortly after beginning first grade, he was struggling with some school assignment and his mother impatiently charged him with being stupid. That interaction collapsed a very significant wave and shaped his intellectual cognition for him. The wave collapsed and he froze his snapshot. I shared the theory behind wave collapse and he quickly apprehended the notion. Could it be that for his entire life he had believed an untruth about himself and integrated it into his core esteem, he inquired? Fortunately, he permitted himself to consider an alternative point of view with all of its accompanying dissonance and considered that perhaps he wasn't intellectually inferior. We visualized a new collapse in which he was told that she was, indeed, smart. His progress from that point on was most impressive.

I have been working with a middle-aged man who because of childhood interactions with his parents collapsed impressions of himself that instructed him that he wasn't loveable. His life, until recently, created experiences that bore out this belief. However, very

recently a woman with whom he has fallen in love has, in fact, decided that she too loved him. As he was inclined to remain in his primary collapse experience, he resisted this new information. I attempted to heighten his opportunity for change by highlighting the dissonance around this contradictory information. If, in fact, his lover found him lovable, might he indeed be loveable? I encouraged him to collapse a new perception of himself. By making this choice, he permitted himself the opportunity to select a new observation and collapse a new wave of experience.

The wave collapse can also be illustrated by our thought selection. Prior to the instant in which we select and attach to a thought, we are like the wave, in a state of potential. Once we select the thought, it becomes particle or particulate. The thought becomes our reality. Choosing thoughts from the habitual groove of our experience will likely replicate more of the same feelings and experiences. This is why we struggle with change. Taking a new snapshot and selecting a new thought, however, will script a new experience. The pathway to change and healing need not be a long and arduous retelling of the same story, but as quantum as seeing how our thoughts collapse the wave and summon our reality. Our emergence is linked to seeing differently and a new way of seeing is the most powerful thing in the universe. In fact, it creates our universe.

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