



# *A Journey of Consciousness*

Exploring the Depths  
of Awareness

Dr. Divya R. Panjwani  
Dr. Sukhmeet Kaur  
Dr. Farah Zahidi

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Dr. Farah Zahidi**

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# INTEGRAL UNIVERSITY

## इंटीग्रल विश्वविद्यालय

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### FOREWORD

The exploration of consciousness is perhaps one of humanity's oldest and most enduring quests, an odyssey that spans sacred scriptures, philosophical debates, and scientific revolutions. In the 21<sup>st</sup> century, this journey has reached a profound crossroads where spiritual wisdom converges with neuroscience, quantum physics, behavioral science, and artificial intelligence. *A Journey of Consciousness: Exploring the Depths of Awareness* by Dr. Divya R. Panjwani, Dr. Sukhmeet Kaur, and Dr. Farah Zahidi is a powerful and timely contribution to this evolving discourse.

This interdisciplinary work illuminates consciousness not as a fixed metaphysical notion, but as a dynamic, multifaceted phenomenon—shaped by cognition, ethics, emotion, and technology. With eloquence and intellectual depth, the authors invite readers to re-imagine awareness through diverse lenses: from meditative traditions and Vedantic insights to neuro-legal paradigms and the rise of artificial consciousness. In doing so, they challenge us to reflect not just on how we think, but on what we are becoming.

What makes this volume stand out is its smooth blend of ancient views and modern ideas. It tackles urgent questions of our time: Can machines develop awareness? What are the effects of data-driven identity? How does consciousness shape choice, responsibility, and empathy in a digitally connected world?

This book is more than an academic endeavor; it serves as a reflective mirror for educators, psychologists, technologists, philosophers, and seekers across disciplines. It urges conscious action in a world increasingly influenced by unconscious consumption and algorithmic influence.

I commend the authors for their visionary scholarship and creative insight. This work exemplifies the spirit of Integral University: nurturing inquiry that is both rooted in tradition and open to innovation. May this book guide its readers on a transformative journey toward deeper understanding, greater awareness, and a more compassionate world.

Prof. Javed Musarrat  
Vice Chancellor



# Foreword



*Samarth Narain*

In today's fast-paced world with distractions galore, our mind, craving for sensory pleasures, is scattered all over the place, making "*swadhyaya- self-study*" and the need to explore consciousness more of a necessity than a luxury.

*"A Journey of Consciousness exploring the Depths of Awareness"* emerges as a timely and essential guide for humanity. This is not just a compilation of academic research; it is a mosaic of enquiry into the very nature of the Being.

*"Aham Soham - I am that"*, often simplified to Soham, is a concept deeply rooted in the Upanishads, particularly the Isavasya Upanishad. It is a mantra that signifies the oneness of the Individual Self with the ultimate reality. It is also used in Sudarshan Kriya, a powerful breathing technique offered in the Art of Living's Happiness Program. Reminding us time and again that to live life more meaningfully to one's full potential, there is a need to know more and more about oneself.

Each chapter in this volume is a step on this sacred path. The contributions draw upon diverse disciplines—neuroscience, travel, education, law, and technology—yet they are united by a central thread: the yearning to understand what it means to be conscious. From reflections on mindfulness in Madhya Pradesh to the philosophical underpinnings of AI, this collection navigates the intersection between the empirical and the existential.

The intersection of Karma and consciousness, poetically captured in Chapter 2, reveals the cosmic feedback loop of action and awareness. This theme, mirrored in modern behavioral economics and psychology (Chapter 7), reminds us that self-awareness is both a personal quest and a social necessity. This book also addresses the moral imperative of being conscious of the environment, our consumer choices, and our social interactions. The chapters on sustainable travel and conscious consumerism are particularly relevant in today's climate-stricken world.

Consciousness here becomes not just an inner flame but a guiding light for external action. In the meditative traditions, the goal is to still the mind, observe it, and transcend it. Nevertheless, as seen in the discussions on artificial consciousness and machine intelligence, even the nature of that "mind" is being challenged. Can machines attain awareness? What does it mean to feel, to know, to be? These are not questions for philosophers alone—they are challenges for humanity in a rapidly evolving future.

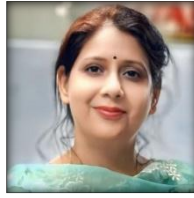
What makes this book truly special is that it does not claim to have all the answers. Instead, it invites you into a dialogue, a dynamic dance with mystery. In reading these pages, you are not merely a spectator—you are a participant in an unfolding exploration.

Furthermore, this is how a Satguru should guide: not by telling you the answers, but by gently holding your hand and guiding you towards arriving at your conclusions.

*Let this be your invitation to pause. To reflect. To dive deeper.*

*The journey begins here.  
May the Light guide you.*

  
**Samarth Narain**  
**Teacher Art of Living**



***Dr. Rashmi Soni***

***Professor and Head, Department of Education  
Sri Jai Narain Misra PG College, University of Lucknow  
& Counselling Psychologists, Licensed NLP and Emotional Intelligence  
Practitioner, Life Skill Coach and Personality Development Trainer***

The landscape of consciousness studies is expanding at a rapid pace, and this volume, *A Journey of Consciousness: Exploring the Depths of Awareness*, captures the evolution of this dynamic field through an impressively diverse set of scholarly lenses. It is an academic kaleidoscope, presenting insights that range from the hard sciences to humanistic inquiry, from technology to education, and from philosophy to psychology.

What makes this work commendable is its unflinching commitment to interdisciplinarity. Too often, consciousness is confined within the rigid walls of a single academic silo. However, here, neuroscientists converse with educators, legal theorists with behavioral economists, and tourism researchers with spiritual practitioners. This dialogue fosters not only the cross-pollination of ideas but also a deeper, more nuanced understanding of consciousness as both a phenomenon and a process.

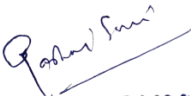
For instance, Chapter 5 delves into the neuroscience of consciousness, grounding the discussion in measurable biological frameworks. However, only a few chapters later, readers are invited to explore consciousness through the lens of literature, art, and film (Chapter 20). This contrast is not a contradiction—it is an enrichment. The brain is not only a neural organ; it is also a storyteller, interpreter, and creator of meaning.

The section on mindfulness (Chapters 3, 10, and 12) provides practical implications for education, healthcare, and personal development. These chapters do not merely promote mindfulness as a buzzword but offer empirical and contextual grounding. Meanwhile, the bold inquiry into AI and artificial consciousness (Chapters 6, 15, and 21) challenges readers to rethink not just what it means to be conscious, but whether machines might someday join that conversation.

The academic rigor of this compilation is matched only by its relevance. In an era defined by data overload and existential disconnection, this book stands as a call to thoughtful reflection, to conscious living. Whether in pedagogy, technology, or policy, the implications are profound.

I believe that this collection will serve as a seminal text for students, researchers, and thinkers seeking a comprehensive understanding of consciousness.

*It is not just about what we know—it is about how we know, why we seek to know, and who we become in the process.*

  
**Dr. RASHMI SONI**  
Professor & Head  
Department of Education  
Sri, J.N.M.P.G. College, Lko.  
Dr. Rashmi Soni  
Professor and Head  
Department of Education  
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# Preface

In an era marked by rapid technological advancements, shifting cultural paradigms, and unprecedented global interconnectivity, the question of consciousness—what it is, how it functions, and how it shapes human experience—has become more relevant than ever. *A Journey of Consciousness: Exploring the Depths of Awareness* is born from the desire to bring together multidisciplinary voices that reflect, question, and illuminate the many dimensions of consciousness.

This book is the culmination of a collaborative effort by scholars, researchers, educators, psychologists, philosophers, and technologists who have explored various expressions of conscious experience, ranging from ethical tourism and consumerism to neuroscience, AI, education, mindfulness, and metaphysical traditions. Each chapter presents a unique lens through which readers are invited to examine the intricacies of awareness, perception, and choice in a profoundly interconnected world.

We envisioned this volume as a bridge between the ancient and the emerging, between spiritual introspection and scientific inquiry. Whether it is the meditative paths explored in Eastern traditions, the legal and psychological dimensions of unconscious behavior, or the futuristic inquiries into artificial consciousness, each contribution seeks to provoke more profound understanding, self-reflection, and thoughtful action.

We extend our heartfelt gratitude to all the contributors who have brought their passion, rigor, and insight to this project. It is our sincere hope that this compilation inspires readers to embark on their journey of consciousness—one that deepens awareness, fosters compassion, and nurtures global harmony.

Dr. Divya R. Panjwani

Dr. Sukhmeet Kaur

Dr. Farah Zahidi



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## **Chapter 11**

# **Unconscious Actions and Criminal Liability: Rethinking Mens Rea in Light of Modern Neuroscience**

Mohd Ubais Ansari

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### ***Abstract***

*The intersection of neuroscience and criminal law challenges traditional notions of mens rea and criminal responsibility, particularly in cases involving unconscious actions or impaired mental states. While Indian jurisprudence emphasizes intentionality through actus reus and mens rea, it struggles to accommodate conditions like automatism, epilepsy, or trauma-induced dissociation. Section 84 of the IPC (now section 22 of Bharatiya Nyaya Sanhita, 2023) offers limited protection, often excluding non-psychotic disorders and placing undue burden on the accused. Judicial inconsistencies further complicate adjudication, as seen in cases of sleepwalking or neurological impairments. This chapter emphasize on cautious integration of neuroscientific insights to refine legal frameworks, balancing accountability with diminished culpability. Reforms must expand definitions of unsoundness of mind, distinguish automatism from insanity, and incorporate expert testimony while preserving core legal principles.*

**Keywords:** *mens rea, neuroscience, criminal responsibility, automatism, Indian Penal Code*

### **Introduction**

Neuroscience, along with related fields exploring brain structure and function, has increasingly shaped discussions in the political and



**Dr. Divya R. Panjwani** is an Assistant Professor in the Department of Education at Integral University, Lucknow. She holds an impressive academic portfolio with degrees including B.Ed., M.Ed., M.Com., M.B.A., M.A. (Sociology), M.A. (Economics), and a Ph.D. in Educational Psychology. With over 15 years of teaching experience in higher secondary schools and higher education institutions, and six years of experience as a Team Leader and Manager, Dr. Panjwani has built a well-rounded professional profile. Her research contributions include 10 papers published in national and international journals, 15 book chapters, and 10 edited volumes. She has actively participated in over 15 national and international conferences and served as Convenor for more than 15 Faculty Development Programs and workshops. She currently serves as a Subject Matter Expert (SME) in Education for Tata Consultancy Services (TCS) and is associated with SRM Institute of Science and Technology (SRMIST), Chennai (DDE) in various academic roles. From 2019 to 2022, she was appointed as a member of the Flying Squad for the ISC Board Examinations for four consecutive years. In addition, she has published the Academic Buoyancy Scale and holds one Indian patent. Her core areas of expertise include Information and Communication Technology (ICT), Positive Psychology, Statistical Analysis, Educational Research, Teaching Methodologies, Career Counselling, Commerce, and Accountancy. She currently serves as an Academic Consultant with SCERT, Patna, contributing to curriculum development and teacher training.



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